



Lt Governor Addresses EEPC India National Export Awards Function In New Delhi

## Endless Possibilities, Partnership to Investors Readily Available in J&K: LG Manoj Singh

■ HT News Network

**NEW DELHI, NOV 21:** Lieutenant Governor Shri Manoj Sinha addressed the Engineering Export Promotion Council of India (EEPC India) National Export Awards function in New Delhi, today and felicitated the recipients of the prestigious Awards for fiscal years 2019-20 and 2020-21.

In his address, the Lt Governor congratulated the award winners of the 52nd and 53rd EEPC India National Export Awards and hoped that their achievements would inspire others for sustained excellence in engineering goods export in the years ahead.

"India is a global bright spot under the leadership of Hon'ble Prime Minister Shri

TURN ON.....PAGE 02



## Intense Cold Wave Grips Valley as temperature drops further

Morning flights at Srinagar Airport delayed



Photo © Mohsin Altaf

World famous Dal Lake amid Sub-Zero Temperature in Srinagar: HT Photo by Mohsin Altaf

■ HT News Network

**SRINAGAR, NOV 21:** Kashmir woke up into an early morning foggy and cold weather

er conditions as the minimum temperature in the valley dropped below the freezing point at several places, including the

TURN ON.....PAGE 02

### NEWS BRIEF

#### Don't de-club the clubbed schools on your own: Authorities to CEOs

**SRINAGAR, NOV 21:** Authorities on Tuesday asked Chief Education Officers (CEOs) of Jammu and Kashmir not to de-club the clubbed schools by their own.

Project Director, Samagra Shiksha J&K, Deep Raj in a communique said this while issuing the instructions for de-clubbing the clubbed institutions in the respective districts of the CEOs as per the feasibility and norms governing the field.

"It is to mention here that the Chief Education officers of some of the districts of UT have been requesting

TURN ON.....PAGE 02

#### Drone-Dropping Weapons Case: NIA arrests 8th accused

**JAMMU, NOV 21:** The National Investigation Agency (NIA) Tuesday said to have arrested 8th accused in the Pak-backed terrorism case involving the delivery of weapons through drones to militants active in Kashmir.

A team from the NIA Jammu Branch nabbed 22-year-old Zakir Hussain of district Kathua, J&K, a statement issued to the news agency—Kashmir News Observer (KNO) said.

He is the 8th accused to be arrested in the case (RC-06/2022/NIA/JMU), registered by the NIA on 30th July 2022 after taking over the case from Kathua Police, the statement said.

TURN ON.....PAGE 02

#### 28-yr-old man found hanging in Rajouri village

**RAJOURI, NOV 21:** A 28-year-old man, hailing from Deoli village of Teryath Tehsil in Rajouri district was found hanging from a tree on Tuesday morning.

The deceased has been identified as Mohammad Akram (28), son of Sultan Mohammad resident of Deoli Teryath.

Police told the news agency—Kashmir News Observer (KNO) that the body of the deceased was on Tuesday morning found hanging from a tree at his native village.

A team reached the spot and took the body into their possession, police said.

Police informed that the medico-legal formalities have been

TURN ON.....PAGE 02

#### Aijaz Ahmad Bhat assumes charge as director Sericulture

■ HT News Network

**SRINAGAR, NOV 21:** Aijaz Ahmad Bhat (IAS) assumes the charge as Director, Sericulture Development Department,



Jammu & Kashmir today at Tulsibagh, Srinagar.

A meeting was held in the Directorate of Sericulture Development Department, Tulsibagh, Srinagar under the chairmanship of the Director

TURN ON.....PAGE 02

#### Govt Keen To Ensure Timely Promotions Of Employees Without Slightest Delay: Jitendra Singh

■ HT News Network

**NEW DELHI, NOV 21:** The Central Government is keen to ensure timely promotions of its employees without the slightest delay, Union Minister Jitendra Singh has said.

The minister made the assertion while speaking to a delegation of the Central Secretariat Rajbhasha Seva Sangathan which called on him Monday.

The members of the delegation thanked

TURN ON.....PAGE 02



## All Land Issues Of Jammu Airport Expansion Resolved

Div Com Directs Airport Authority To Initiate Work

■ HT News Network

**JAMMU, NOV 21:** Marking a significant breakthrough, all land issues pertaining to the expansion of Jammu Airport have been successfully resolved. Divisional Commissioner, Ramesh Kumar, chaired a meeting today, directing the Airport Authority Jammu to initiate the long-awaited project.

During the meeting, it was revealed that the majority of the required land has already been provided to the Airport Authority. Land with few structures of Animal Husbandry at Belicharna was pending. The Director of Animal Husbandry reported that the remaining structures on the pending land are now vacant, paving the way

TURN ON.....PAGE 02

#### CS advocates for enhanced visitor experience, conservation & awareness among people



Chief Secretary Dr. Arun Kumar Mehta paid a visit to Jammu Zoo Nagrota today.

TURN ON.....PAGE 02

JAMMU, NOV 21: In a momentous event,

## J&K Fisheries deptt ranks top among best performing districts across country

PMMSY, HADP, FIDF envisages doubling trout production in next five years

■ HT News Network

**AHMEDABAD, (GUJARAT), NOV 21:** Receiving high recognition and appreciation at the national level, the Department of Fisheries ranked top among the best performing

TURN ON.....PAGE 02



## Army installs 104 feet long national flag along the LoC in Kupwara

■ HT News Network

**SRINAGAR, NOV 21:** Army's Chinara Corps on Tuesday installed a high mast 104 feet national flag along the Line of Control at Teetwal area of Jammu Kashmir's Kupwara district. Chinara Corps Commander Lieutenant General Rajiv Ghai dedicated to the citizens a high mast 104 feet national flag "Azmat-e-Hind" on LoC at Tithwal today.

The event was attended by civil dignitaries, Ex Service men and School children also.

The General officer Commanding 15 Corps Iso

TURN ON.....PAGE 02



## CONTINUE FROM FRONT PAGE.....

### J&K offering.....

Narendra Modi and today we are not only contributing to global growth but also accelerating our own economic progress," the Lt Governor said.

He said, the emergence of 'Engineering Goods' as one of the major contributors to export growth and its 7.2 percent growth in comparison to previous year, shows the relentless efforts of our dynamic entrepreneurs and EEPC India with an aim to promote 'Make in India' and to establish our capability across the globe.

At the Award ceremony, the Lt Governor shared the efforts of the UT Administration to optimize the immense potential of the business and Industry sector in Jammu Kashmir.

"I invite the industry captains to experience the urban transformation happening in our cities like Jammu and Srinagar and invest in the UT of J&K. This will also be your contribution to strengthen the nation's unity. I assure every support and assistance from the UT administration," the Lt Governor said.

Now, we have a favorable environment, connectivity, young talent, an improved security scenario and all the infrastructure for industrial growth, he said.

"Jammu Kashmir is offering the investors endless possibility and a partnership in strong profitable growth. If you are looking at the big picture and ready to capture a new segment, then Jammu Kashmir is your new destination," the Lt Governor said.

He called upon the industry leaders, EEPC India and other stakeholders for creating new opportunities for businesses in engineering goods and services.

Our inclusive vision will not only bring prosperity but it will also ensure that new technology and innovations contribute to efficiency and productivity and also focus on equitable and sustainable growth for 'Viksit Bharat', the Lt Governor said

"I am fully confident about the ability of the engineering sector to translate India's dreams into reality," he said.

Sh Arun Kumar Garodia, Chairman EEPC India; Sh Pankaj Chadha, Vice Chairman, EEPC India; Sh Pradeep Kumar Aggarwal, Regional Chairman, Northern Region, EEPC India; Sh Suranjan Gupta, Executive Director and other members of EEPC India, industry leaders and exporters were present.

### Kashmir shivers.....

Srinagar city on Tuesday. The Meteorological Centre in Srinagar predicts dry weather for Jammu and Kashmir, with isolated morning fog likely to persist in the Kashmir division over the next 24 hours.

In Srinagar, dry conditions and a cloudy sky contribute to atmospheric haze, leading to reduced visibility. Dense fog continues to pose challenges for vehicles during the early morning and evening hours.

Morning flight at Srinagar Airport was delayed due to foggy conditions. Flights scheduled in the morning will take off once the fog lifts," an official informed the Kashmir News Service (KNS).

Kashmir weather, the independent weather forecaster, suggests that the current foggy conditions are expected to diminish in the coming days as a fresh weak Western Disturbance is anticipated to affect Jammu and Kashmir on Thursday.

There is a possibility of light rain/snow in some areas of Kashmir, particularly north Kashmir, on Thursday, it said.

The minimum temperature in Kashmir plains is expected to remain below the freezing point for two more days, it added.

"Between 25 & 30 November, two more weak Western Disturbances are anticipated, which may result in partly cloudy to overcast weather conditions," it added.

Meanwhile, Srinagar shivered at -1.2°C, while Qazigund and Gulmarg reported -0.8°C and -0.6°C respectively. Pahalgam, nestled in the valley, recorded a freezing -2.9°C, emphasizing the intensity of the cold. Kupwara and Kokernag maintained a similar chill at -0.8°C and -0.2°C. Baramulla and Budgam both registered a frosty -0.2°C, while Pulwama and Anantnag experienced a more biting cold at -2.7°C and -2.3°C. In the southern regions, Kulgam faced -0.3°C, and Shopian recorded the lowest temperature at -3.9°C.

### Aijaz Ahmad.....

Sericulture J&K, Ajaz Ahmad Bhat (IAS) wherein the officers/ officials of the Department and the representatives from Sericulture Industry were present.

Ajaz Ahmad Bhat expressed commitment to develop Sericulture Sector in the region. He highlighted the rich tradition of sericulture in Jammu & Kashmir and the pivotal role the Sericulture Development Department plays in supporting and nurturing this age-old industry.

"As we take charge, our primary focus will be on producing high-quality silk that meets global standards. The Sericulture Development Department has a rich

legacy, and we aim to build on that legacy by introducing modern techniques and practices to enhance silk production," stated Shri Ajaz Ahmad Bhat.

Recognizing the importance of hands-on experience in the sericulture sector, the Director outlined plans for exposure visits for silkworm rearers and departmental employees. These visits are intended to provide valuable insights, share best practices, and foster a collaborative environment within the sericulture community.

The Holistic Agriculture Development Programme (HADP) for Sericulture was also discussed in the meeting and he emphasized to have clear programme for achieving the set targets by the department.

Ajaz Ahmad Bhat also highlighted the department's commitment to generating employment opportunities for the youth in the region. He stated, "Youth empowerment is a key aspect of our vision. By leveraging the expertise of the Sericulture Development Department, we aim to create sustainable employment opportunities for the youth, contributing to their skill development and overall socio-economic growth."

The Director concluded his address by expressing gratitude to the team at the Sericulture Development Department and soliciting support from all stakeholders to collectively work towards the growth and prosperity of the sericulture sector in Jammu & Kashmir.

The Sericulture Development Department, under the leadership of Ajaz Ahmad Bhat (IAS), looks forward to a new era of innovation, collaboration, and growth, contributing to the socio-economic development of the region.

### Govt Keen.....

him for clearing the backlog of delayed promotion cases by ordering mass promotions and requested for similar disposal of remaining cases pertaining to Rajbhasha officials, a statement issued on Tuesday by the Personnel Ministry said.

Assuring that the Department of Personnel and Training (DoPT) is equally concerned about the timely promotions of government employees in various cadres, he said that in June this year, the DoPT had approved the mass promotion of 1,592 officials working in the capacity of Assistant Section Officers (ASOs) to the post of SOs on ad-hoc basis with immediate effect.

The Minister said that last year alone about 9,000 mass promotions were made and the DoPT had granted 4,000 promotions in the preceding three years.

Singh said Prime Minister Narendra Modi is very keen that hardworking and performing officials should be provided with a work-friendly environment and timely service benefits so that they remain motivated to give in their best for nation-building.

The minister said that in the last over nine years, under the guidance of Prime Minister Modi, the Government has periodically reviewed the longstanding stagnation issues in various central ministries that are a legacy of the past due to pending court cases, lack of vacancies in higher grades and other personnel issues.

Singh said the Government is concerned about long stagnation in certain cadres and at certain levels where some of the employees working in the lowest rung of the administration spend their entire service tenure of 30 to 35 years without getting a single promotion.

He said that in a large number of cases, stagnation in promotions was the result of litigations prompted by inappropriate decisions taken or rules twisted to give out-of-turn promotions by the previous governments.

In a few of the 4,000 promotions cleared in recent years, the Government granted promotions despite the cases being sub-judice, by consulting legal experts and making valid provisions for judicial scrutiny, the Minister said. (AGENCIES)

### All Land.....

for the smooth execution of work. To ensure a seamless execution of the prestigious project, the Divisional Commissioner instructed the Director of Animal Husbandry to formally hand over the remaining land to the Airport Authority.

The meeting was attended by Deputy Commissioner Jammu Sachin Kumar Vaishya, Director Animal Husbandry Shubhra Sharma and Director Airport S K Garg and other concerned officers.

Earlier, the Divisional Commissioner chaired a meeting of Deputy Commissioners through video conferencing to review the stamp duty rates revision.

He directed Deputy Commissioners to hold meetings of District Level Committees and send proposals to Divisional level committee for finalization of revised stamp

duty rates of immovable property.

VC JDA, DC Stamps, Director Agriculture, Chief Engineer Irrigation besides officers of Forest, Revenue and other concerned officers attended the meeting.

### Change In.....

which is taking place. And it impacts not only our country but our armed forces as well," he added.

As there are "changes" all around, a technological development is taking place and it is making an impact on the art of warfare, said the General Officer Commanding-in-Chief of Eastern Army Command.

"So, the war fighting methodology is also changing. That is the reason why 2023 has been identified as the year of transformation by the Indian Army. These are based on five main pillars," he told reporters here.

The five verticals are force restructuring and optimisation, modernisation and technology infusion, processes and functions, human resource management, and jointness and integration, Kalita said.

"Only the armed forces cannot win any future war. It is a whole of nation's effort. The whole nation's every segment has to participate in future battles which is proven by the recent Israel-Hamas conflict as well as Russia-Ukraine conflict," he added.

In a war in the present time, no segment of the population is left alone and it brings in the importance of civil-military fusion, Kalita said.

"We need to harmonise the security needs with the socio-political and socio-economic needs of the country. That's why we need to achieve synergy in all the segments," he added. (Agencies)

### CS advocates.....

witnessing the grand arrival of majestic big cats.

The zoo proudly welcomed Tiger and Tigress from Chennai, Tamil Nadu and Lion and Lioness from Gujarat, which would add a new dimension to diverse wildlife population.

During his comprehensive tour of the facility, Dr Mehta actively inquired about the care and facilities provided for the animals, underlining the importance of ensuring their well-being. Expressing optimism, he stated, "I hope that Jambu Zoo will soon be recognized among the best zoos in the country."

Jammu, experiencing significant on-ground changes and rapid development, sees Jambu Zoo as a key attraction, Dr Mehta said.

He, while assessing the situation, identified the opportunity to boost visitor numbers. He emphasized the need to increase awareness among school children and nature enthusiasts about the unique features and behavior of the zoo's diverse inhabitants.

The Chief Secretary said that Jambu Zoo looks forward to a future where it not only will stand as a symbol of wildlife conservation but also captivate the hearts of visitors through its uniqueness.

Dr. Mehta highlighted the distinct features and prime location of the zoo. The visitors coming to the Jammu city and Katra will play a pivotal role in increasing footfall.

During his visit, he was accompanied by Principal Secretary Forest, Ecology and Environment, Dheeraj Gupta, Principal Chief Conservator of Forests, Chief Wild Life Warden, Zoo Manager, and other relevant departmental officers.

### Smog formed.....

Bilquees Ara said that temperature inversion, that is the deviation from typical meteorological phenomenon, leads to the formation of smog.

"The standard rule of meteorology is that air gets cooler with an increase in altitude. But temperature inversions change it. As a result, you will see weather phenomena like fog, smog, mist, and hazy horizons. Generally, it's more common in mountainous regions or valleys or during winter when a cold night breeze from the mountains swoops to the ground," she said.

According to her, temperature inversion usually happens during the night when the ground temperature drops because it's no longer heated by the sun.

"As cold air close to the ground gets trapped by the layer of warm air due to which air becomes stagnant and pollution becomes trapped close to the ground due to which people are exposed to this pollution and this inversion process often leads to the formation of smog," she said.

"Smog is the formation of smoke, fog and sulphur dioxide which is emitted by different sources," she said, adding that sulphur dioxide is a pollutant and sulphates are detrimental to human health besides damaging plantations and creating other problems.

Dr Bilquees said photochemical smog is a type of smog produced when UV light originating from the sun interacts with the oxides of nitrogen present in the atmo-

sphere and it also contains aldehydes, nitric acid and various poisonous substances that also harm human health .

"The government has fixed responsibilities to various departments to control Pollution level who have been working on it and there comes responsibility on the public to contribute to decreasing pollution as well," she said.

The main sources of pollutions, she said are vehicles, open burning of biomass, plastic waste, horticulture waste, municipal solid waste, fossil fuel burning resulting in emitting out of poisonous gases in atmosphere be it like carbon monoxide, methane, sulphur dioxide, oxides of nitrogen, aromatic hydrocarbons etc

She said PCB has been given responsibility of controlling industrial pollution and that is being done as it is being ensured that industries are working under proper norms and guidelines issued by central pollution board.

"Industries are being regularly monitored and proper vigil is being kept to check emission norms besides that online monitoring systems have been installed on cement plants that shows real time data whether emission is under control or not," she added.

Action is being taken against those who aren't following the norms and it is ensured that every industry works as per proper norms, she said.

She added that heavy loaded units have been issued closure orders and some have been even shifted besides that zig zag technology has been set up in brick kilns to reduce emissions of pollutants and increase efficiency.

### J&K Fisheries.....

districts across all Union Territories of the Country for vigorous development of fish and fisheries in the Jammu and Kashmir.

Anantnag district, which has been privileged with this outstanding achievement, was presented a trophy and a certificate of merit. The felicitation was conferred on the occasion of World Fisheries Day celebrated at National level in Gujarat Science City, Ahmedabad, Gujarat.

The event was inaugurated and presided over by Purshotam Rupala, Union Minister for Fisheries, Animal Husbandry and Dairying.

The function was attended by the fisheries fraternity of National and International repute. On the occasion, Union Minister recognized and appreciated efforts of the department for development of Fisheries particularly Cold water in the UT of J&K. He emphasized that Government of India has launched a number of schemes for promotion of fish marketing, branding and export under PMMSY. He exhorted upon the youth to take the benefit of such schemes for development of market linkage in the form of cold chain to get remunerative prices for their produce.

Pertinently, Kashmir region of J&K is epicenter for the development of Cold water Fisheries and under the leadership of Lieutenant Governor, Manoj Sinha and guidance of Principal Secretary, Agriculture Production Department, Shailendra Kumar various steps are being taken by the UT governmnt for enhancing the productivity as well as income of Fishers. Special subsidy component has been kept for the UT to attract more farmers for adopting this profitable venture.

Director Fisheries, Mohammad Farooq Dar, said that the focus of the department is to make farmers more resourceful through implementation of various schemes for marketing of trout and also for export to other States.

Anantnag is in the forefront of Trout Production and a hub of Trout production among all the districts of the country. Besides, the district is traversed by different trout streams being angled by the esteemed anglers both local and foreigner and thus an explicit boost to the ecotourism. Effective implementation of the schemes like PMMSY, HADP, FIDF etc envisages the trout production to be doubled during the next five years creating gainful employment opportunities for educated unemployed youth.

The World Fisheries Day 2023 was celebrated in all the districts of J&K and the main function was held at Regional Fish Farmers Development Agency of Jammu Division and Kashmir Division. Large number of fishers participated in the event and witnessed live streaming of the World Fisheries Day event held at

Gujarat Science City, Ahmedabad Gujarat.

### Army installs.....

inaugurated the 1st edition of Tiranga Cup-2023 Cricket Tournament at Shan-e-Tithwal Cricket Ground aimed to promote sports & young talent in Kashmir.

As many as 32 teams from Karnah area of the district are participating in the 23 day event that begins today.

"104 ft High National Flag at Tithwal, #Kupwara along the LoC' #ChinarCorps Cdr dedicated a High Mast National flag 'Azmat-e-Hind' along the LOC at Tithwal, Kupwara today to the citizens of the border area. The event was attended by civil dignitaries, Ex-Servicemen & school #children. The GOC also inaugurated the 1st edition of Tiranga Cup-2023 #Cricket Tournament at Shan-e-Tithwal Cricket Ground, aimed to promote #sports & young talent in #Kashmir. 32 #teams from Karnah are participating in the event from 21 Nov-13 Dec 2023", Srinagar based Chinar Corps of Indian Army said on X. (UNI)

### Don't de-club.....

this office to grant them permission for de-clubbing the clubbed institutions shown in UDISE+ 2023-24 in their respective area of their jurisdictions," Raj said.

The Project Director also said that the clubbing of the schools has been done as per the lists furnished by their offices after seeking necessary approval from the Administrative Department.

"All the Chief Education Officers are therefore enjoined upon not to make any de-clubbing of the clubbed schools at their own level which may invite action against such defaulting officers," it reads.

The communicate however said that in any such request of extreme exigency with full justification and background thereof may kindly be routed through Director School Education Jammu and Kashmir, so, that same is placed before Administrative Department for a decision on the matter as per merit of the case.

In the previous year, the School Education Department has said that it will merge nearly 800 government schools with low student enrollment.

It has also said that the merging of such schools is to be done in the backdrop of the disproportionate Teacher Pupil Ratio (TPR).

The government had also said that the students of those schools that will be merged and will fall out of the catchment area would be given transportation charges of Rs 500 each month.

Pertinently, the School Education Department in the previous fiscal has said that it had identified more than 1200 such government schools that were having low enrollment of students.

### Drone-Dropping.....

"One of the seven accused arrested earlier had died due to cardiac arrest while in judicial custody while two Pakistan-based terror operatives are absconding. The seven arrested accused and the two absconders were earlier chargesheeted by NIA on 12th January 2023, under Sec 16, 17, 18, 18B, 20, 23, 38, 39 & 40 of UA (P) Act, 1967, sections 25(1)(a) & 25(1AA) of the Arms Act, sections 4 & 5 of the Explosive Substances Act and sections 120B, 121A & 122 of the IPC," the statement said.

According to NIA investigations, the accused were working on the directions of their Pakistani handler, identified as Sajjad Gul.

"The accused were involved in collecting, receiving and transporting the weapons dropped through drones to militants active in the Kashmir valley. The weapons were used to commit terrorist attacks in the Union Territory of Jammu & Kashmir," the statement said.

"The local police had initially registered the case following the interception of a drone (Hexacopter) and seizure of several rounds of UBGL/ Magnetic Bombs near Dhalli area of PS Rajbagh in District Kathua," it added.

The statement said that NIA is continuing with its investigations in the matter to unravel the bigger conspiracy of Pakistan-backed terrorist groups to carry out acts of terror and violence in the Kashmir valley and across India.

### 28-yr-old man.....

conducted in the hospital while investigation into matter is going on.



# DIPR participates in prestigious 54th IFFI, 17th NFDC Film Bazaar at Goa

Showcases main facets of J&K Film Policy at the event

**GOA, NOV 21:** Directorate of Information and Public Relations (DIPR), J&K is participating in prestigious 54th Annual International Film Festival India (IFFI) and 17th edition of NFDC Film Bazaar being held at Goa from 20th to 28th November 2023. The festival is being attended by international film stakeholders from multiple countries like Russia, Canada, UK, South Africa, among others. Jammu & Kashmir, Maharashtra, MP, Gujarat, Bihar, Uttarakhand, and Chhattisgarh are also participating in this grand event. On the second day of the event, DIPR team led by Nodal Officer, J&K Film Policy, actively participated in 17th edition of NFDC Film Bazaar, an essential marketplace for film professionals, creating opportunities for collaboration and distribution. The team actively engaged with reputed international filmmakers from countries like United Kingdom, Russia, South Korea and others as well as the renowned film-



makers of India and representatives of Indian Motion Producers Association, PHD Chamber of Commerce and industry, New Delhi, Indian Television Academy at the JK stall of Film Bazaar providing a space for networking and the exploration of new cinematic ventures across Jammu and Kashmir. The DIPR team during the interaction highlighted the main fac-

ets of J&K Film Policy with the visitors and addressed their queries diligently. Jammu and Kashmir is one of the focus film destinations with 23rd November being focus day for J&K. The DIPR will be pitching the new J&K Film Policy and film Tourism destinations on this day and the activities will include panel discussions, presentations and screening of videos about the film policy and films being shot in J&K. The team is represented by Joint Director, DIPR, Vivek Puri; Nodal Officer, J&K, Film Policy, Afaq Gadda; AO, DIPR, Hitesh Choudhary, Tourist Officer, Hyderabad, Mohammad Sajid Kirmani and Film Librarian, Abid Hussain. Pertinently, the multi-venue festival is being hosted by Union Ministry of Information and Broadcasting and was inaugurated by Minister of Information and Broadcasting, Anurag Thakur. The festival features film makers and artists from across countries and abroad.

## Demand for solar panels, inverters shoots up as power crisis deepens in Kashmir

**SRINAGAR, NOV 21:** Demand for solar panels and inverters has soared in Kashmir, which is currently reeling with a lack of adequate electricity supply. Kashmir, for more than a month, is witnessing a severe power crisis, which has hit both domestic as well as commercial consumers. As such the demand for alternative sources, which include solar panel-driven inverters, has shot up by more than 40 percent. Imtiyaz Ahmad Khan, a dealer of inverters and solar panel brand, told news agency—Kashmir News Observer (KNO) that the demand for these alternative power sources has gone up for the last two months. “This year power crisis has escalated, which has forced people to buy and use alternative sources of electricity. We have witnessed a good demand for the last two months and on an average daily we sell more than 60 solar panel-driven inverters” he said. Khan said that various types of solar panels are available in the market, which help people to get a smooth flow of electricity during peak hours. “There are monocrystalline solar panels available in the market, which use solar energy even during cloudy or foggy weather. The demand for this particular solar panel is very much,” he said. Another deal Basharat Ahmad Sofi said other solar energy-driven equipment including solar water heaters and cookers are in good demand in Kashmir. “Solar lanterns, heaters and cookers also sell in good numbers. Winter in Kashmir is extreme and solar energy-driven equipment is best suited when there are no or fewer hours of electricity,” he said. Earlier this year, the government announced 65 percent government subsidy on rooftop solar panels and 80 percent subsidy on solar-powered pumps. Officials at the Jammu and Kashmir Energy Development Agency said they have installed 8.5 MW rooftop solar power plants so far. “A solar rooftop generates 25-30 units of energy daily. So, we have been promoting the installation and use of solar rooftop in Jammu and Kashmir because we have an immense potential to tap this source of energy,” said Muzaffar Ahmad Malik Deputy Chief Executive Office JAKEDA.

## Residents of Yechhama Ganderbal urge immediate macadamization of vital link road

**GANDERBAL, NOV 21:** Residents of Yechhama in Kangan Tehsil of central Kashmir's Ganderbal district are urging the Roads & Buildings Department to urgently macadamize the link road from the National Highway to Jamia Masjid. Local residents and drivers told the news agency—Kashmir News Observer (KNO) that authorities have neglected the critical link road, causing significant challenges for pedestrians and transporters. They said despite multiple appeals to higher authorities, their pleas have gone unanswered, and the lack of macadamization continues to inflict hardships on them. One of the residents said that in 2016, a bridge was constructed over Nallah Sindh, connecting Yechhama village, for which the people thanked the government. “However, the internal road, spanning a mere 0.75 kilometres, remains unmaintained since the completion of the bridge,” he said. According to residents, the Jammu And Kashmir Projects Construction Corporation Limited (JKPCC) had worked on the bridge, but the road was left incomplete. The neglected road is now filled with numerous ditches and potholes, posing risks to commuters, particularly during the rainy season, locals said. They said the poor road condition has led to accidents and damage to passenger vehicles. “Our vehicles have incurred heavy damages due to the dilapidated condition of the road. Most of the drivers avoid this route, due to which passengers and students suffer,” said a driver. An official of the R&B Department said the genuine issues of Yechhama residents would be promptly addressed.

## Aspiring doctor, writer, whose family migrated from PoK, inspired by IAS officer Dr Sehrish Asghar

**KUPWARA, NOV 21:** Soliha Majeed, a 16-year-old aspiring doctor from Bategam village of north Kashmir's Kupwara district, draws inspiration from the achievements of Dr Sehrish Asghar, an IAS officer and Deputy Commissioner Baramulla. Dr Sehrish serves as a role model for Soliha, who not only dreams of becoming a doctor but also expresses herself through poetry and prose by working on two books. Speaking to the news agency—Kashmir News Observer (KNO), Soliha shared her journey, saying she was born in Pakistan-occupied Kashmir (PoK) and moved to Kashmir with her parents at the age of 5. As the only daughter among four siblings, Soliha said she began her writing journey just in the last 4 to 5 months and finds solace and expression in words. “I was suffering from some physical ailment earlier this year which drove me to express my inner voice through writing. Words



have now become my emotions,” she said. Soliha said she once heard a girl on

the internet saying that age doesn't matter, rather it is maturity that counts. She is currently working on a book as well apart from writing poems. About family support, she said they have always been there for her in every situation. “My parents and teachers played an instrumental role in nurturing my talent and providing guidance during critical situations,” she said. Presently pursuing a medical stream at Government Girls Higher Secondary School Kupwara, Soliha said a lot of her writing is about different stories. “My writing is about life, its experiences, and everything that happens to an individual like depression, success, unexplained feelings and the silence within, which impacts a person,” she said, adding that her writing extends beyond personal experiences and encompasses broader topics like mental health.

# LABOUR DEPT IN ACTION, RESCUES 8 JUVENILES IN TWO DAYS FROM SGR PARTS

**Srinagar, Nov 21:** In a swift operation, the labour department has swung into action to curb child labour by rescuing at least eight juveniles in two days from Srinagar parts. An official from the labour department told the news agency—Kashmir News Observer (KNO) that the child rescue drive was planned by the department in Lal Chowk and adjacent areas of Srinagar in order to check for child labour in Srinagar City and to inform the people about child labour. Speaking to KNO Assistant Labour Commissioner Srinagar,

Arshid Qadir said that a team of labour department officials raided various shops in Lal Chowk in the past two days and found the two juveniles working at Shakti Sweet Shop Srinagar. “The officials immediately rescued the juveniles and asked the shop owner to submit age proof within two days, failing which they would face legal consequences,” he said. Qadir said that a total of eight children have been rescued since yesterday (Monday). About age proof of child labours, Qadir said that as per the honourable Supreme Court, an Aadhar



Card is not a valid age proof and that a school certificate or a medical report will be considered as valid age proof. “The child labour needs to be properly checked whether the

individual is working with family on his own, or with someone else. The drive will continue till December,” Qadir said, adding that they are focusing on the drive in concentrated areas. He sought people's cooperation in curbing the child labour menace in Srinagar. Asked about beggars in Srinagar, Qadir said that they first have to investigate the matter. “There is a need for a full-fledged team from the Labour department and anti-trafficking unit to nail the child begging nexus. We are working on a plan to check the child-begging menace also,” he said.

## Missing since 3 weeks, 75-yr-old's semi-decomposed body found in Rajouri village

**RAJOURI, NOV 21:** The semi-decomposed body of a 75-year-old man was on Tuesday evening found from the bank of river at Sunderbani following which police have started investigation into the matter. The deceased as per police has been identified as Kirpal Singh (75), son of Ujagar Singh resident of Rajpur Kamila in Qila Darhal Tehsil of Nowshera. Police told the news agency—Kashmir News Observer (KNO) that some locals

spotted a semi-decomposed body lying at river bank in Thandapani area of Sunderbani after which a team of police rushed to the spot and took the body into its possession. The semi-decomposed body, police said, was shifted to a local hospital. The elderly man had been missing for the last three weeks. Police said to have taken up investigation into the matter.

**SRINAGAR, NOV 21:** Jammu & Kashmir Police on Tuesday said to have arrested two drug peddlers in Baramulla & Kulgam and recovered contraband substances from their possession. A police party of Police Post Babarshi headed by Incharge PP Babarshi under the supervision of SDPO Tangmarg at a checkpoint established at Babarshi Crossing intercepted one person, a police spokesman in a statement issued to the news agency—Kashmir News Observer (KNO) said.

During the search, police said 28 grams of charas powder like substance was recovered from his possession. He has been identified as Mohd Azhar Khan son of Tariq Ahmad resident of Qazipora Tangmarg Baramulla. He has been arrested and shifted to PS Tangmarg where he remains in custody. Similarly in Kulgam, a Police party headed by SHO Police Station Kulgam during patrolling at Buchroo intercepted a suspicious person who tried to flee from the spot but was apprehended tactfully by the alert police party, police said.

During the checking, the statement said that officers were able to recover 9 bottles of Codeine Phosphate like substance from his possession. He has been identified as Sabzar Ahmad Bhat son of Mohd Ahsan Bhat resident of Tarigam, Kulgam. He has been arrested and shifted to a police station where he remains in custody. Accordingly, police said that cases under relevant sections of law have

been registered at respective police stations and further investigation has been initiated. “We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact the nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per law,” police said.

## 2 drug peddlers arrested in Kashmir: Police



# Chairperson DDC Baramulla presides General Meeting; reviews progress of Developmental Projects

■ HT News Network

BARAMULLA, NOVEMBER 21: In order to take a first-hand appraisal of Department wise progress, District Capex, Aspirational District Programme, Area Development Fund and other sectors, the Chairperson, District Development Council (DDC) Baramulla, Safina Beigh today chaired a general meeting of all DDC Members and Officers at Dak Bungalow, here.

Among members of DDC, the meeting was attended by Additional District Development Commissioner Baramulla, Aijaz Abdullah Saraf;

ACD, Officers of R&B, Health, Education, PDD besides District and Sectoral officers of all the departments.

At the outset, the Assistant Commissioner Development Baramulla gave a detailed PowerPoint presentation on the physical and financial progress achieved in developmental works being executed under different sectors in the district during the year 2023-24. He also briefed the chair about the physical progress of the Area Development plan and apprised about the completed works so far.

The officers of R&B, RDD, Education, PDD, Health and Jal Shakti gave sector wise briefings



of different works and presented in-depth details of the progress of developmental projects.

During the meeting, it was informed that a total of 399 new works have been completed under Area Development Fund including PRI/ BDC/ DDC Grants and the work for ongoing works stands at 50.

Similarly, it was also given out that 442 works have been completed under District Capex and 2004 new projects have been tendered in various sectors including R&B, Health, PHE and others.

With regard to the tendering status (Depart-

ment wise) under ADF for PRI Grants, the meeting was further apprised that 338 new projects have been completed against 1420 works allotted for execution.

After threadbare discussion and sector wise review, Safina Beigh exhorted upon all the concerned officers to gear up the process for completion of targets and utilization of 100% funds to avoid lapse. The Chairperson stressed upon the officers to maintain transparency and accountability in the execution of works.

Safeena Beigh further stressed on close monitoring of ongoing works to ensure quality and adherence to timelines.

## DDC Kulgam reviews RDD sector works, instructs to develop durable assets

### Assesses physical, financial progress of schemes

■ Farooq Rather

KULGAM, NOVEMBER 21: The District Development Commissioner (DDC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers and officials of Rural Development Department and Panchayati Raj (RDD&PR) at mini-secretariat here to review the functioning, progress and implementation status of various schemes in the district.

During the meeting, ACD, Mohammad Imran apprised the chair about the progress made under various schemes like MGNREGA, PMAY-G, District Capex, etc and informed that 45259 active job cards have been issued during the ongoing year with 30 percent women job card workers ratio.

The meeting was informed that 4184 works under MGNREGA during year 2023-24 have been taken-up and completed with a wage disbursement of Rs. 40.85 crores and under PMAY (G), against the target of 5999 units,



2454 units have been completed whereas 3545 are under progress and the expenditure cost is around 62.59 crore as on date.

It was also shared that under District Capex, 1925 works have been approved, out of which 1207 works have been completed with an expenditure of Rs 751.53 crores.

The DDC instructed the concerned to expedite the process of works under District Capex 2023-24 and PMAY (G)

and complete the same within set timelines.

He also stressed upon concerned to work religiously to make all villages of the district clean and beautiful, by adhering to the proper strategies of waste management.

Dr Bilal called for timely completion of all the works with judicious utilization of funds, while ensuring quality of work, in order to create durable assets.

## ‘World Fisheries Day’ celebrated at Ganderbal

■ HT News Network

GANDERBAL, NOVEMBER 21: The ‘World Fisheries Day’ was today celebrated with full zeal and zest at Trout Fish Farm Mammur, here in solidarity with the fishermen and fish farmers of Ganderbal.

The day is celebrated worldwide every year to pay tribute to the fishermen community who contribute to 25% of the total protein requirement of the human population.

The celebration was presided over by ADDC Ganderbal, Mushtaq Ahmed Simnani; SDM Kangan, Javid Ahmed Rather, Scientists from SKUAST (K) and Central University were



also present.

A huge gathering of students and farmers were also present on the occasion.

The program was conducted in collaboration with KVK and the Department of Fisheries, Ganderbal.

Appreciating the efforts of the Fisheries department, ADDC Ganderbal applauded the importance of the

world Fisheries day and emphasized the need for sustainable fisheries in and around the world.

SDM Kangan praised the efforts put in by all the stakeholders for management and conservation of Fisheries resources in the state of J&K, with particular reference to District Ganderbal.

Earlier, Assistant Direc-

tor Fisheries Ganderbal, Salman Rauoof Chalkoo briefed the audience about the importance of World Fisheries Day along with the efforts put in by the Department of Fisheries for farmer upliftment and economic upgradation.

In consonance with Yuva Vani under HADP, the students were briefed about the holistic approach to be adopted by the young generation to adopt fish farming and other agricultural practices.

The students of the central university Kashmir presented two cultural events of Kashmiri attire.

The magazine on Holistic Agricultural Development plan was also showcased during the event.

## District-wide SVEEP initiatives in Pulwama raise Voter Awareness for Stronger Democracy

■ HT News Network

PULWAMA, NOVEMBER 21: A series of impactful Systematic Voter's Education and Electoral Participation (SVEEP) initiatives have been carried out across the district, demonstrating the commitment of educational institutions to fostering

civic responsibility and voter awareness. In this connection, notable events were hosted by Government Degree College Tral, Government Degree College Pampore and Government Polytechnic College Pulwama. Government Degree College Tral organized a Special Lecture Series as part of the Voter Awareness Pro-

gramme (SVEEP). Dr. Nisar Ahmad Meer's lecture on 'Democracy and Elections' underscored the pivotal role elections play in democracy. Dr. M. Shafi Bhat's lecture on the 'Importance of SVEEP' highlighted the program's role in educating citizens about the electoral process. Simultaneously, Government Degree College

Pampore conducted a 'Special Awareness Drive for Women Voters'. Dr. Mudasar emphasized the transformative power of voting in a democracy, particularly as an instrument of social change. Dr. Mudasar Ahmad Qazi highlighted the government's commendable efforts to reduce the gender gap in the political process.

## Viksit Bharat Yatra Kickstarts in Kupwara District with Mega event at Kuligam Lolab

■ HT News Network

Kupwara, November 21 : The Viksit Bharat Sankalp Yatra (VBSY) was kickstarted on Tuesday from Kuligam village of Block Wavoora (Lolab) in Kupwara district with a massive participation of people of different areas of Lolab.

The District Prabhari Officer to Kupwara district, Rajeev Kumar Tiwari (IfoS) launched the event in presence of the Deputy Commissioner, Kupwara, Ms. Ayushi Sudan and Vice Chairman, District Development Council Kupwara, Haji Farooq Ahmad Mir.

Besides, BDC Chairman, Choudhary Rafiq Kataria, District Officers, Sectoral Officers, field functionaries, PRIs, beneficiaries of different centrally sponsored schemes and a huge gathering of people, including men and women participated



in the event.

The event began with a pledge to build a Viksit Bharat by 2047, followed by screening of video message of Hon'ble PM.

While addressing to the participants, District Prabhari Officer, Rajeev Kumar Tiwari said that It has been the constant endeavor of the Prime Minister to attain saturation of flagship schemes of the government by ensuring that the benefits of these schemes reach all targeted beneficiaries in a time-bound manner. In a

major step towards the attainment of this aim of saturation of schemes, the Prime Minister launched 'Viksit Bharat Sankalp Yatra' on the occasion of Janjatiya Gaurav Diwas.

Tiwari said that CSSs are implemented to achieve social objective like poverty reduction, improving health services, increasing food security, better avenues for healthcare and livelihood. He impressed that empowerment of women make them financially independent when

they are able to generate income by benefiting from these schemes.

District Prabhari Officer, congratulated district administration Kupwara led by DC Kupwara Ms. Ayushi Sudan for resounding success of the program and reaching out to people on grass root level.

Earlier, the Deputy Commissioner Kupwara, Ms. Ayushi Sudan, while welcoming the District Prabhari Officer and other participants, said that the focus of the Yatra is to reach out to the people, creating awareness and providing benefits of welfare schemes.

Ayushi Sudan said that one of the major feature of this yatra is to disseminate information and collect feedback about the schemes. DC informed that all the schemes will be covered during the awareness campaign.

### Government of Jammu & Kashmir DIRECTORATE OF FLORICULTURE (G&P) DEPARTMENT KASHMIR

Tel-0194-2474234 Fax -2482032 - email: - [kashflori@rediffmail.com](mailto:kashflori@rediffmail.com)

Subject: - Extension No.04.

In view of no response, the last date for submission of bids invited vide this office e-Tender Notice No.24 of 2023 dated.14.09.2023 for **Outsourcing of Entry Ticketing System of Nehru Park, Pahalgam** is hereby extended as per the details given below: -

1.	Period of downloading of bidding document	21.11.2023 from 01:30 PM to 05.12.2023 up to 02:00 PM
2.	Bid submission Start Date	21.11.2023 from 01:45 PM
3.	Bid submission End date	05.12.2023 up to 02:00 PM
4.	Date and time of Opening of Tenders (Online)	08.12.2023 at 02:00 PM

Other terms and conditions shall remain same as laid down in the aforesaid Tender Notice.

DIPK-12582/23  
Date: Nov 21 2023

Sd/-  
Accounts Officer,  
(Member Secretary)

### Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION AWANTIPORA NOTICE INVITING TENDERS

Single Cover System

E-NIT No. 75/EEA/R&B of 2023-24/3031-3040

Dated:21/11/2023

SINGLE COVER SYSTEM

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

SN	Nome of Work	Adv. Cost (incl. GST) (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money (In Rupees)	Time of completion (days)	M.H OF Account	Class Of Con- tractor
1	2	3	4	5	6	7	8
1	Improvement /Upgradation of road from Gallender Chowk to Krenchoo via Nambalbal.(phase Ist)	27.00	1100/-	2% of Adv cost	20 working days	UT Road sector of capex Budget 2023-24	Any, BEE,

Position of AAA: Accorded- vide No: 36-SE/PS of 2023-24 Dated: 07.11.2023

Position of funds: - Available

Position of TS: - Sanctioned

Project Authority: PWD

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of dates given below:-

1	Date of Issue of Tender Notice	21 /11/2023
2	Period of downloading of bidding documents	21 /11/2023
3	Bid submission Start Date	22 /11/2023
4	Bid Submission End Date	30 /11/2023 upto 4.00 PM.
5	Date & time of opening of Technical Bids	01/12/2023 at 11.00 AM in the office of Executive Engineer R&B Division wantipora.

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (deposited in MH: 0059) in favour of Executive Engineer R&B Division Awantipora (tender inviting authority) and Earnest money / Bid security in shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Awantipora\_ (tender receiving authority).

Note:- The Date of Treasury Challan and Earnest Money / Bid security must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive.

2.1 The 1st lowest bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer R&B Division Awantipora within 07 (Seven) days after the date of receipt of letter of acceptance and shall be released after successful completion of DLP. The Bank Guarantee should be valid for beyond bid validity.

3. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e., Executive Engineer R&B Division Awantipora. Besides that, the successful bidder will have to provide Performance Security in the shape of CDR/FDR/BG @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the allotted cost, which will be released after successful completion of the DLP/Maintenance Period.

4. All Bidders shall to quote the rates in BOQ including GST. GST @ 18% or as admissible will be added separately at the time of issuance of Allotment by the allotting authority.

Head Draftsman  
DIPK-12590/23

Technical Officer  
Date: Nov 21 2023

Sd/= Executive Engineer  
R&B Division Awantipora



# DC Kathua kick starts Wheat Sowing across Indo-Pak International Border in Hiranagar Sector

## HT News Network

KATHUA, NOVEMBER 21: Deputy Commissioner Kathua Rakesh Minhas today kick started wheat sowing across the Indo Pak Border in Hiranagar Sector.

SDM Hiranagar, Manisha Koul and Chief Agriculture Officer Kathua Sanjeev Rai were also present.

After inaugurating the new crop season, the DC Kathua said, "We are encouraging farmers of the border belt to bring more vacant land under cultivation along the Indo-Pak international Border. The farmers are also being motivated for integrated farming, using the latest machinery to reduce the cost of farming

to enhance income in agriculture production". He further said, "District Administration, Border Security Force and Department of Agriculture Kathua are working in coordination with farmers to facilitate safe and secure cultivation of the Rabi and Kharif crops across the fence.

While interacting with local farmers the DC said the District Administration is keen to bring entire fellow land under cultivation for which farmers of the border belt are being given extended support through agriculture and allied departments.

On the occasion Chief Agriculture Officer Kathua Sanjeev Rai Gupta, informed that for the current fiscal the Department of Agriculture



kathua has set a target of Wheat Sowing in 300 Acres of land during Rabi 2023-24

across the fence. He said "about 200 acres of land today in which 67 farmers from villages of Chack Changa, Karol Krishna, Karol Maitrithian and Chann Tanda participated". To facilitate effective sowing across the fence, the Department of Agriculture has also provided machines such as Tractor, Cultivator to farmers actually involved in border sowing and Team of officers/officials from the department are also technically facilitating the farmers in every aspect, he added.

The CAO further disclosed that "We are encouraging farmers to use mechanized methods for effective sowing of wheat crop by using Super

Seeder, a highly mechanized machine which can perform multi-functions such as ploughing, sowing and planking of the field simultaneously, a revolutionary step, thereby saving input cost and time taken in comparison to old traditional methods."

President, Border Farmers' Association Nanak Chand who is also a progressive farmer, said "the farmers of the Border Areas appreciate relentless efforts of Agriculture Department Kathua for facilitating us in sowing our lands across the Indo-Pak International border and now we are able to cultivate in both Rabi and Kharif Seasons."

## Kishtwar: DLCC reviews implementation of National Tobacco Control Programme

### HT News Network



KISHTWAR, NOVEMBER 21: Deputy Commissioner Kishtwar, Dr. Devansh Yadav today chaired a crucial meeting of the District Level Coordination Committee (DLCC) on the National Tobacco Control Programme.

The meeting was attended by ADC Inderjeet Parihar, Add SP Rajinder Singh, CMO Dr MY Mir, Medical Superintendent DH Dr. Yudhveer Singh Kotwal, Dy.CMO Dr. Balbir Kumar, District Immunization Officer, Dr. Sajjad Hussain, BMO Kishtwar, Dr. S.L. Manhas, BMO Chatroo, Dr. Saima, BMO Dachhan, Dr. Krishan Singh Katoch, State Programme Officer NTCP Mohd Naser, Drug Inspector, Manish Kumar, representative of Education, Agriculture and Food Safety Departments.

The meeting assessed the progress made in enforcing the provisions outlined in The Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 (COTPA, 2003) and to strategize the implementation of the National Tobacco Control Programme (NTCP). The Chief Medical Officer (CMO) outlined the agenda and delineated the roles and responsibilities of the DLCC members under NTCP. State Programme Officer NTCP Mohd Naser, threw light on the current scenario of tobacco usage in the District. He also detailed the punitive measures and enforcement provisions of COTPA-2003, along with strategies and comprehensive intervention measures for its effective implementation. Reviewing the action taken on decisions taken in the previous meeting, the Deputy Commissioner urged all stakeholders to actively participate in enforcing the provisions of COTPA-2003. He emphasized the importance of generating public awareness, particularly among the youth, regarding the detrimental effects of tobacco use. In devising an action plan to curb tobacco usage, he highlighted the prevalence of tobacco consumption in smoking form and stressed the need to develop strategies aimed at reducing its consumption accordingly. Furthermore, he directed the Chief Education Officer Kishtwar to disseminate anti-tobacco messages during morning assemblies in educational institutions and ensure that no business establishment sells tobacco products within 100 yards of any educational institution.

## Secy L&E discusses ways & means for bringing down UT's unemployment rate at par with National Avg

### HT News Network

JAMMU, NOVEMBER 21: Secretary, Labour & Employment, Rehana Batul today held threadbare discussions with all the stakeholders for further bringing down the unemployment rate of the UT at par with the National Average.

The meeting was attended by Director, Employment, Nisar Ahmad; Mission Director, NRLM, Indu Kanwal Chib; Director Animal Husbandry, Jammu; Representatives from Agriculture, Industries & Commerce, Handicrafts, KVIB, KVIC, Mission Youth, J&K Bank besides other concerned officers. In the onset of the meeting the Secretary impressed upon the stakeholders to work in close

coordination with each other and in an altruistic mindset. She made out that more than a dozen of departments are working for employment generation here and implements many more schemes in this pursuit.

Rehana Batul maintained that all the departments should learn from each other's best practices for replicating them in the implementation of their schemes. She advised each of them to go through each other's schemes and the method of implementing them by the concerned so that there is coherence and creation of domino effect by the same.

She stated that our sole motive should be to contribute towards providing ample opportunities to the aspiring youth.

## Div Com Jammu reviews arrangements for annual Jhiri Mela

### HT News Network

JAMMU, NOVEMBER 21: Divisional Commissioner Jammu, Ramesh Kumar today chaired a meeting to review the arrangements being put in place by different departments for annual Jhiri Mela 2023. The arrangements discussed in the meeting mainly included sanitation, uninterrupted electricity, ensuring of regular and safe drinking water, security arrangements, adequate stocks of ration, provision of health facilities, mobile toilets, accommodation for the devotees, deployment of fire tenders at the venue.

The Div Com emphasized on maintaining cleanliness and hygiene in and around the vicinity during Jhiri Mela and directed the concerned departments to place dustbins in and around the temple. The R&B department was asked to complete the black-topping and up-gradation work of



approach roads to Jhiri well before commencing of the Mela. Jal Shakti Department was asked to ensure uninterrupted water supply with provision for additional water tanks at Langer sites. The Div Com also directed the line departments to install their departmental stalls to disseminate awareness about Government schemes especially among the farmers. Inquiring about the cultural programmes, the Div Com directed Secretary JKAACL and Director Tour-

ism to make all necessary arrangements for the same. The Div Com also reviewed in detail traffic arrangement and instructed concerned officers to formulate a traffic management plan well before the Mela for smooth flow of traffic. The meeting was attended by Deputy Commissioner Jammu Sachin Kumar Vaishya; Director Tourism, Vivekanand Rai; SSP Jammu, SSP Traffic besides HoDs of RDD, Jal Shakti, and senior officers of PWD, Health, JPCL, SDM Marh.

## DC reviews realisation of Developmental Deliverables in Rajouri District

### HT News Network

RAJOURI, NOVEMBER 21: In a proactive effort to boost developmental outcomes, District Development Commissioner Rajouri, Vikas Kundal, conducted a comprehensive evaluation of the performance of the Line Departments in achieving developmental Deliverables.

During the comprehensive meeting, different departments such as PMG-SY, PDD, PWD(R&B), Jal Shakti, Labour, Animal and Sheep Husbandry, Agriculture, Health, and Education were scrutinized for their performance. Deputy Commissioner Vikas Kundal directed the departments



to intensify efforts to ensure the achievement of developmental targets. Acknowledging the diverse sectors under review, the meeting underscored the importance of a collective and concerted approach towards development. The concerned officers were directed to redouble their efforts in meeting the stipulated developmental targets within the established timeframe. Emphasizing the need for optimal resource

management, the Deputy Commissioner Vikas Kundal directed the officers to meticulously adhere to pre-defined parameters, underscoring the importance of a systematic approach and thorough documentation. To enhance on-the-ground outcomes, officers were tasked with prioritizing transformative activities in their respective domains, fostering increased efficiency in overall governance.

## DC interacts with elected representatives of MC Doda

Calls for collective efforts to achieve inclusive development

### HT News Network

DODA, NOVEMBER 21: In continuation to his efforts to make better understanding of issues being faced by the locals of Doda town, Deputy Commissioner (DC) Harvinder Singh today held an interactive session with the elected members of Municipal Council Doda here in the DC office.

During the interaction, the members highlighted major issues of the town, which include Stray Animals in the market, Beautification of city, tile work on footpath from Clock Tower to Old Bus Stand Doda, early tendering of drainage work by PWD, identification of land for slaughter House, traffic congestion in the town, Allotment of funds under untied and other heads for MC Doda etc.

The DC sought suggestions from the council to overcome these issues, besides taking stock of the implementation of PMAY-U scheme and status of works approved under district



capex and other heads/schemes.

EO MC Doda was directed to start picking stray animals and initiate disciplinary action against the owners. He asked EO MC not to give Town Hall and Community Hall to anyone without taking/charging approved rent. DC has instructed SEPWD Doda to allot the drainage work in the town immediately and propose beautification work in the town to give aesthetics to the Doda Municipal area. Other instructions like removal of encroachments, regular maintenance of internal roads and drainage have been issued to the concerned authorities.

DC sought greater coordination and cooperation from the members of MC Doda so that the genuine issues causing inconvenience to the locals shall be resolved with utmost sincerity and dedication. He also sought synchronised efforts in fighting against drug menace and other social issues to keep the district drugs free and peaceful.

Among others present during the meeting were President MC Doda Ved Prakash Gupta, ADC Doda Dr R K Bharti, CPO Doda Suresh Kumar, Vice President MC Doda Mazhar Ul Haq Munshi, Ex En PWD, besides other Councillors were also present.

## Central Nodal Officer-JSA-CTR visits Gool

Inspects Amrit Sarovars, development works under 'Catch the Rain' programme; interacts with PRLs

### HT News Network

RAMBAN, NOVEMBER 21: The Director (Law & Order), Internal Security-I Division, Ministry of Home Affairs, and Central Nodal Officer (CNO) for Jal Shakti Abhiyaan (JSA)- Catch the Rain (CTR), Nishtha Tiwari, along with Scientist Central Ground water, Chandreyee De, today visited Sub Division Gool as a part of their 3-day visit to district Ramban. On a post-monsoon visit to Gool, the Director along with a team of officers interacted with the Chairperson, District Development Council, Ramban, Dr. Shamshad Shan and other PRLs and took stock of their issues and concerns.



The Director was accompanied by SDM Gool, Tanveer-Ul-Majid, members of Jal Shakti Abhiyan, ACD, Ashok Katoch, DFO, Rajan Singh, CHO, Anil Gorka, CAO, Ram Gopal Sharma, BDO, Tanjeel Runyal, Executive Engineer, JSD, Rajiv

Ghai and other concerned engineers and officials. The Director appreciated the District Administration for implementing inputs given by the Central team during the pre-monsoon visit to the district in the current year. She also advised the

departments to construct more soakage pits for ground water recharging, besides ensuring Geo-tagging of all water bodies in the district. The Central team inspected Amrit Sarovars and other assets constructed for storage of water under 'Catch the Rain, Where it falls, When it falls' initiative by the RDD and other line departments in Sub Division, Gool. The developmental projects being executed under Jal Jeevan Mission in the area were also inspected. Inspecting the historic site and springs at Ghoda Gali, the Director informed that the Jal Shakti Abhiyan is a flagship programme of the Government of India focused on ensuring water security and conservation in the country.

## ACD inspects development works in Kastigarh, Bhagwah blocks

### HT News Network

DODA, NOVEMBER 21: To inspect the pace of ongoing works under different RDD schemes, ACD Doda Phulail Singh today visited Kastigarh and Bhagwah block. He inspected the ongoing

works especially development of Playgrounds, capex works, besides reviewing implementation of PMAY scheme and bottlenecks if any. During the tour ACD Doda also interacted with scores of PRLs and locals of the twin blocks, listened to their demands and issued

on the spot instructions to the functionaries of the department to resolve the same. The ACD urged them to register the artisans of their panchayat in the PM Vishwakarma scheme and to participate in the Viksit Bharat Sankalp Yatra ensuing in the panchayats soon.



EDITORIAL

Need to Reshape Economic Landscape of J&K On World Entrepreneur Day

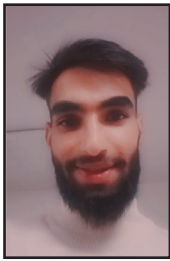
In absense of government jobs a fresh wave of entrepreneurship is reshaping economic landscapes, and social media stands at the forefront of this transformative journey. Kashmiri entrepreneurs have adeptly embraced platforms like Instagram, Facebook, and Twitter to not only make ends meet but also carve out a distinct name and fame for themselves.

In recent years, the virtual realm has become a fertile ground for showcasing the rich tapestry of Kashmiri crafts, culinary delights, and unique products. Take, for instance, the story of Amina Shah, a skilled artisan who gained recognition for her intricately designed Pashmina shawls. By leveraging Instagram, Amina not only found a global audience but also established a brand synonymous with quality and authenticity.

Moreover, the advent of social commerce has enabled Kashmiri entrepreneurs to directly connect with customers, eliminating intermediaries and expanding profit margins. Bilal Ahmad, a young entrepreneur, exemplifies this trend by successfully marketing traditional Kashmiri spices through Facebook groups, creating a niche market that resonates with both local and international customers.

The ripple effect extends beyond individual success stories, contributing to the overall economic empowerment of the region. As Kashmiri entrepreneurs harness the power of social media to narrate their stories, showcase their products, and engage with a global audience, they not only secure their livelihoods but also dismantle stereotypes, presenting Kashmir as a vibrant hub of innovation and creativity.

In this digital age, social media becomes more than just a tool for business, it becomes a catalyst for change, transforming the narrative of Kashmir and its people. The journey of these entrepreneurs is not just a testament to their resilience but also a beacon for others aspiring to break barriers and embrace the boundless opportunities that the virtual world offers.



■ Muneeb Shafi

Allah says that "I never cause loss to the labour of a worker, be that male or female" (03: 195),

It was not a coincidence that the global economy experienced the most severe case of unemployment during the worst economic crisis since the Great Depression. Unemployment is highly dependent on economic activity; in fact, growth and unemployment can be thought of as two sides of the same coin: when economic activity is high, more production happens overall, and more people are needed to produce the higher amount of goods and services. And when economic activity is low, firms cut jobs and unemployment rises. In that sense, unemployment is countercyclical, meaning that it rises when economic growth is low and vice versa.

But unemployment does not fall in lockstep with an increase in growth. It is more common for businesses to first try to recover from a downturn by having the same number of employees do more work or turn out more products—that is, to increase their productivity. Only as the recovery takes hold would businesses add workers. As a consequence, unemployment may start to come down only well after an economic recovery begins. In fact, in the last three recessions, the unemployment rate continued to rise after the end of the recessions; a phenomenon called "jobless recoveries."

The phenomenon works in reverse at the start of a downturn, when firms would rather reduce work hours, or impose some pay cuts before they let workers go. Unemployment starts rising only if the downturn is prolonged. Because unemployment follows growth with a delay, it is called a lagging indicator of economic activity.

HOW TO OVERCOME UNEMPLOYMENT

1. Assess Your Situation

If you're newly unemployed, it can be tempting to grasp at straws and take any position that comes your way. But Richard Nolan, Chief People Officer at Epos Now, believes it's important to take time to assess your current skill



set, qualifications, interests, and goals so you can better match yourself with an industry that's right for you.

"Think about what type of job position would be a good fit—something that will both help build upon skills already possessed as well as teach new ones that may come in handy in future endeavours," Nolan says.

2. Consider Short-Term Positions

While the job you lost may have been full-time, one way to avoid a resume gap is to stay employed with part-time, contract, freelance, or temporary/seasonal positions in your field.

"Employers are less likely to see an employment gap as a deal-breaker for a part-time or short-term position, especially if you're otherwise highly qualified," says Jon Hill, CEO and Chairman of the executive search and recruiting firm The Energists. "These roles can often open the door to a permanent full-time position with the company, and if not, it at least gives you some income and recent work experience for your resume

3. Keep Your Skills Up to Date

Hill also recommends obtaining or renewing industry certifications, noting that the workshops and courses connected to these credentials can help you grow your network, which can lead to new opportunities.

"Getting or renewing your certification also verifies your skill sets are fresh and current, which can assuage employer concerns about your time away from the workplace," Hill says.

Bonnie Whitfield, Human Resources Director at Family Destinations Guide, agrees that it's important when unemployed to consider taking online courses and workshops, or participating in other professional development opportunities to keep your skills up to date and competitive in the job market.

"This will demonstrate to potential employers that you are committed to your career and staying current in your field," Whitfield says.

4. Refresh Your Resume and Portfolio

Your skills aren't the only thing that needs updating to help you overcome unemployment—your resume, portfolio, cover letters, and other job search materials also should get an overhaul.

"Make sure your resume is up to date so employers take notice when they read it!" Nolan advises.

When making additions to your resume, Nolan notes that in addition to updating your job history, it's also important to keep track of any volunteer work or other activities associated with helping people or organizations succeed.

"This should all be included in an online portfolio on sites like LinkedIn or other professional platforms where prospective employers can easily access information about you and see examples of past projects/experience gained from such activities," Nolan says. "Doing this allows employers to get a better insight into who you are as an individual, which could positively benefit them during the selection process."

Whitfield adds that to improve your chances of landing a job, you should tailor your resume and cover letter to each position you apply for: "Highlight your skills and accomplishments, and make sure they align with the requirements listed in the job description," she says

5. Network and Build Connections

Learning about and landing new positions often happens through people you know—so expanding the circle of who you're connected with can help your unemployment end sooner.

"You must utilize your personal and professional connections to find new job opportunities," Whitfield says. "You should also attend career fairs and networking events and reach out to people in your field for job leads."

In addition to former colleagues, Nolan recommends widening your net to leverage relationships from friends, family members, and other contacts by having meaningful conversations around available opportunities in their companies or industries.

"Also, use social media like Twitter (through hashtags) or LinkedIn, for example," Nolan says. "These are great avenues for connecting with potential recruiters who might not otherwise hear about open positions within their organizations if it wasn't through such channels online."

6. Brush Up on Interview Skills

While you may feel discouraged if you've had a recent layoff, it's important to try to plan and prepare for the day that you hear you've landed a job interview.

"We all know interviews can be intimidating, but brushing up on basic interview techniques beforehand will save time during preparation," Nolan says.

However, in a competitive job market, it could take a while to receive a job offer, so he emphasizes that it's important not only to stay positive throughout the interview process but also be prepared to handle rejection gracefully.

"Having a good attitude toward failure goes a long way into improving chances when applying again down the line," Nolan says. "Though times are tough right now, remember unemployment isn't necessarily permanent, so stay persistent no matter what happens on the journey ahead."

The young author namely MUNEEB SHAFI had wrote this on his own experience. You can directly contact to me on Instagram @young\_author13

Why Do Psychopaths Crave Power?

Hyper-disconnected people desire power because of their sense of lack

■ Steve Taylor

The first major investigator of the "psychopathic" personality was the psychologist Hervey Cleckley, who published *The Mask of Sanity* in 1941.

Cleckley's findings are still valid now. They became the basis of the well-known "Psychopath Test" by Canadian psychologist Robert Hare.

Cleckley described psychopaths as efficient, emotionless machines who can't form intimate relationships and cannot love anyone (apart from themselves).

Their relationships are usually based on manipulation and exploitation rather than healthy human emotions like respect, trust, or love. Despite their deep abnormality, psychopaths generally masquerade as normal people, adopting conventional behavior and manipulating others with their charm and charisma.

However, my preferred approach is to set aside labels like psychopathy (and other related conditions such as narcissistic personality disorder) and refer more generally to "hyper-disconnected" people. This is the approach I use in my book *DisConnected*, which suggests that connection is an essential human trait and examines the chaos that hyper-disconnected people produce.<sup>1</sup>

Their extreme disconnection

is the primary characteristic—and the essential pathology—of both psychopaths and narcissists. This gives rise to secondary characteristics such as a lack of empathy and emotion, self-centredness, and inability to form authentic relationships.

The Need for Power and Wealth

One major characteristic of hyper-disconnected people—or psychopaths, if you prefer—is their compulsive need for power, wealth, and success. This is also a major reason why they are so dangerous and destructive. Once they attain positions of power, either in business or politics, they use their power in a malevolent way, inflicting massive amounts of suffering on ordinary people.

Hyper-disconnected people's lives are dominated by their need to accumulate. They feel a constant need to add more to their lives. On the most basic level, this might mean more material possessions: more money, jewelry, cars, or clothes. It might mean more achievements, success, fame, higher social or professional status, or romantic conquests.

On a more everyday level, it might mean a constant demand for attention and deference from colleagues and peers, alongside a need always to be the center of attention. For hyper-disconnected business tycoons or CEOs, the need to accumulate might mean acquiring more companies or



properties. For hyper-disconnected political leaders, it might mean more national prestige and territory or more personal power, leading to a fascist dictatorship.

The struggle to accumulate never ceases; it is never satiated. This is another of the hallmarks of hyper-disconnected people: They are never satisfied. No matter how much power or wealth they gain, it is never enough.

Even if they were on the front page of every newspaper worldwide, it wouldn't be enough attention. It wouldn't be enough property even if they owned every building or

company on the planet's surface.

But none of their achievement or accumulation brings them any contentment. The only happiness they ever experience is a short-term pleasure. It is often the egotistical thrill of defeating, humiliating, or hurting others. Otherwise, they live in a perpetual state of restless discontent.

Hyper-Disconnected People's Strong Impulse to Accumulate

Because they are so disconnected from the world and other human beings, hyper-disconnected people experience a powerful sense of lack.

Subconsciously, even if they project an image of confidence and self-sufficiency, they feel incomplete, like fragments broken from the whole. As a result, they hanker after power, status, and wealth to complete themselves and compensate for their restless discontent.

The strength of our need to accumulate correlates with our degree of disconnection. This means that, at least to some extent, you can judge how disconnected a person is in terms of their impulse to accumulate.

When a person devotes their

whole life to accumulating more property, possessions, and wealth and becoming more dominant, respected, or famous, it is a sure sign that they live in an extreme state of disconnection.

Conversely, people who feel strongly connected to others and the world generally have little desire for power and wealth.

In a way, this is unfortunate because it would be fantastic if connected people were in positions of power. Related people make ideal leaders with their sense of empathy and responsibility and strong moral principles.

However, since they often don't put themselves forward for positions of power, this leaves positions free for hyper-disconnected people. This helps to explain why the world is so full of corruption, injustice, and oppression.

(Adapted from DisConnected by Steve Taylor)

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Steve Taylor, Ph.D., is senior lecturer in psychology at Leeds Beckett University. He is the author of several best-selling books, including *The Leap and Spiritual Science*.



# When ‘Development’ Became a Mass Movement: The Essence of Rashtriya Ekta Diwas

■ [By Shri G. Kishan Reddy](#)

“This country has been built on such foundation of ancient cultural heritage, where we were told of only one mantra during Vedic period...which we have learnt, we have memorized – “sanghachchidhvamsamvadadhvamsam wومانansijaanataam” – we walk together, we move together, we think together, we resolve together and together we take this country forward – Shri Narendra Modi”

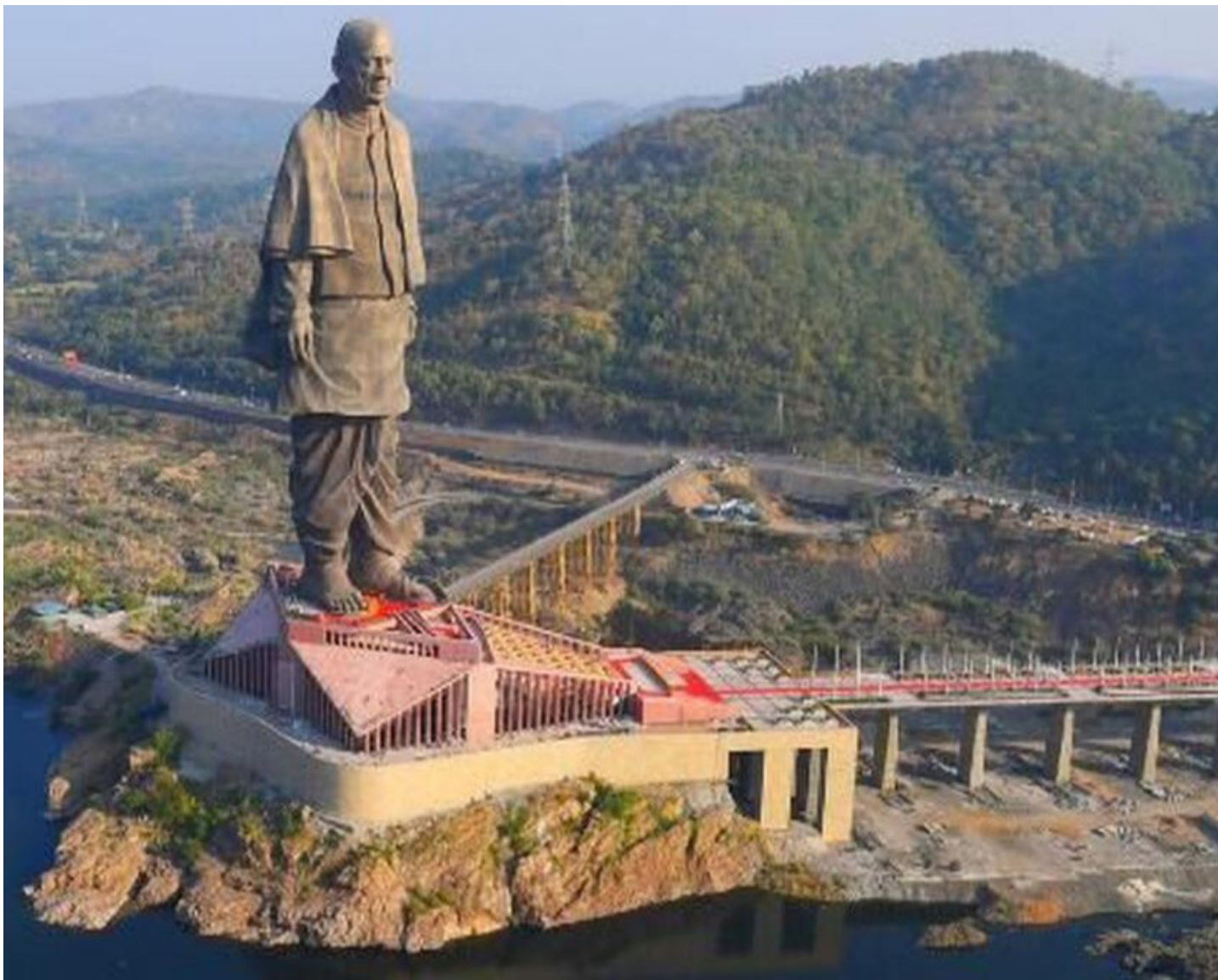
In 2014, from the ramparts of Red Fort, Hon'ble Prime Minister Shri Narendra Modi ji, eloquently put forth his vision for a Bharat, where development is not just an agenda but a goal shared by every Indian. He hinted at a future where Jan Bhagidaari will emerge as our strongest weapon and our claim to the throne of being a Vishwa Guru.

That very year, the Hon'ble Prime Minister, etched a momentous date on the calendar - October 31st as 'Rashtriya Ekta Diwas', a tribute to the legacy of Sardar Vallabhbhai Patel, the “Iron Man” of India. However, it signified more than just a date; it embodied a solemn commitment to rekindle the very essence of unity and integration that Sardar Patel had envisioned. It was a promise, a pledge to follow in his footsteps, progressing in the timeless values of cohesion and collective endeavours.

A decade later, as we celebrate Rashtriya Ekta Diwas, it is the perfect time to recapitulate the remarkable voyage India has undertaken on a path illuminated by the enduring principles of unity and the mighty force of collaboration.

Under Prime Minister Narendra Modi's ethos of public-centric governance, India has transformed into a global leader, soaring from the “fragile five” to the world's top five economies. With a GDP of \$3.75 trillion in 2023, our nation shines brightly, recovering from the “lost decade” of 2004-2014.

It is interesting to note that under the leadership of the Hon'ble Prime Minister, the Annual Financial Budget has metamorphosed from a mere financial blueprint to a dynamic policy document, anchored in the aspirations of the people.



The “people's budget” empowers citizens to hold the government accountable for its fiscal decisions, enabling active participation in monitoring budget progress and ensuring efficient resource utilization.

Our remarkable growth has ignited national pride, renewed dignity, and shared ownership. People have spearheaded comprehensive development through groundbreaking initiatives: ‘Swachh Bharat Abhiyan,’ which built nearly 12 crore toilets, eradicating open defecation; ‘Beti Bachao Beti Padhao,’ championing

daughters' rights; and the ‘Give it up’ movement, with over a crore families voluntarily forfeiting LPG subsidies to support the less privileged, are but a few of the shining examples of ‘Jan Bhagidari’ and ‘Rashtriya Ekta’.

‘Make in India’ and ‘Vocal for local’ revived our Bhartiyyata, sparking a nationwide popular participation-oriented movement. We championed our MSMEs, inspiring youth entrepreneurship, and leveraging India's unique skills and abundant resources. This philosophy

reshaped India from a net importer to a major global mobile phone producer, with a 300% surge in electronic manufacturing since 2014. India is now also the world's third-largest startup ecosystem, with a patent boom and record goods exports at \$448 billion in FY 2022-23.

The digital revolution, represented by ‘Digital India’ and the drive towards a ‘cashless’ economy, underscores the government's collaborative partnership with the common citizen, promoting widespread acceptance of digital payments.

India stands today as one of the world's largest digital markets, with a Fintech adoption rate of 87%, far surpassing the world average of 64%.

Since 2014, the anti-corruption crusade has surged as a nationwide movement, recouping over Rs 2.73 lakh crore from 2015 to 2022 through JAM (Jan Dhan, Aadhaar, and mobile phones), exposing counterfeit beneficiaries and sealing delivery system leakages that were rampant before 2014.

Amidst the COVID-19 pandemic, India's solidarity and Jan Bhagidaari shone once again. Prime Minister Modi's foresight led the nation to swiftly implement preventive measures. COVID warriors emerged, hand in hand with the Government, stabilizing the ship. Subsequently, rapid vaccine production showcased an empowered India, capable of self-defence and simultaneously offering global support.

India's G20 Presidency, supported by over a crore of its citizens, showcased “Rashtriya Ekta” in action. The summit affirmed India's global stature and “Vasudhaiva Kutumbakam” as the compass for reshaping global governance, ensuring inclusivity and people-centric leadership in the “People's G20.”

“Rashtriya Ekta Diwas” is not just a commemoration; it's a profound philosophy empowering people, and breaking free from outdated practices. It's democracy in action, akin to Sardar Patel's vision of grand unification of Maa Bharti's vast geo-cultural-political landscape. Prime Minister Narendra Modi's call to integrate every voice into governance mirrors this spirit. It's about national pride, uniting a diverse nation, echoing Sardar Patel's dream of a united Bharat, that is India! Each citizen's participation shapes our destiny, nurturing inclusivity, diversity, and collective strength.

On this Rashtriya Ekta Diwas, under the leadership of Pradhan Mantri Shri Narendra Modi ji, let us rededicate ourselves to the philosophy of empowerment, transcending entitlement, which has become the bedrock of a truly realized and fulfilled democracy, guiding us into the promising era of Amrit Kaal.

**The author is the Union Minister of DoNER, Tourism and Culture**

## If the world cannot find a mechanism to resolve land disputes, wars are inevitable

The United Nations has spectacularly failed in its goals of saving generations from the scourge of war and of ensuring that armed force is not used

■ [P Chidambaram](#)

Several millennia since the origin of the human species, and despite multiple claims that Homo sapiens are the most advanced and intelligent living species on this planet, I am afraid we are no different from the original Neanderthals. They fought battles without rules and we fight wars without rules.

Were there rules of war at any time in human history? A poem composed by Nettimayyar (circa 200 AD) laid down the basic rules of war among Tamil kings. The warrior-king who intends to wage war will issue a forewarning:

*Aavum, aaniyar parppana  
maakkalum,  
pendirum, piniyudaiyeerum, peni  
thenpulam vazhnarkku arungadan  
irrukkum  
ponpor pudalvar peraatheerum,  
em ambu kadividuthum, nun aran  
sermin  
Roughly translated, the poem is:  
Cows, gentle religious priests,  
women, the sick,  
those who have no children to do the  
last rites,  
our arrows will be aimed fast,  
hasten to your safe places*

Battles were fought between

soldiers on battlegrounds from sunrise to sunset. The battle resumed the next day at sunrise. According to Kamban, the great poet who wrote Ramayana in Tamil, Ram is believed to have told a weary and defeated Ravan, “today, you may go, and return to battle tomorrow”.

### Wanton Killing over Land

If wars may be called civilised, ancient wars were indeed civilised and fought according to some rules. Not in the modern age. The two wars that are being fought today between Russia and Ukraine and between Israel and the Hamas are particularly brutal wars. There has been indiscriminate bombing. Whole cities and towns have been reduced to rubble in Ukraine and in Gaza. Hospitals and schools have been completely destroyed. Several thousand, including children, women, the elderly and patients have been killed. Internally displaced people have been lodged in camps without basic facilities. Thousands of homeless people have been forced to migrate to neighbouring countries. Water supply and electricity have been cut. Food supply has been severely interrupted. Medicines are scarce. Trucks carrying aid supplies have been stopped.

What is the war for? In the Russia-



Ukraine war, the issue is dominance. Ukraine was part of the Soviet Union between 1922 and 1991. Thousands of ethnic Russians settled in parts of Ukraine and became the dominant group. After independence, Ukraine was a buffer between NATO countries and Russia. Russia fears that if Ukraine joined NATO, it will bring NATO forces up to its border. So, Russia wants Ukraine as a ‘neutral’ state and also wants to annex those parts of Ukraine where ethnic Russians had settled. The war is over land – to annexe part of the land and to

neutralise the rest.

In the Israel-Hamas war too, the conflict is over land. All Palestinians – some of whom are represented by the Hamas – believe that the Jewish people have usurped their land. The land was called Palestine and was occupied by Arabs, Jews and Christians. The state of Israel was created under the mandate of the United Nations and the Jewish people were settled, since 1948, on the land. Modern Israel has become a strong state that has the capacity to defend itself against hostile

neighbours. It is the only nuclear power in the region. History may be on the side of the Palestinians but the reality is that the state of Israel cannot be wiped off the face of earth.

### UN Powerless

The United Nations is an impotent body. It cannot enforce the UN Charter that starts with lofty goals: “We the peoples of the United Nations determined to save succeeding generations from the scourge of war, which twice in our lifetime has brought untold sorrow to mankind, and...to ensure...that armed force shall not be used, save in the common interest...”

The United Nations has spectacularly failed in its goals of saving generations from the scourge of war and of ensuring that armed force is not used. Besides, the nature of war has changed. Man no longer fights man, hand to hand combat is history. Machines fight machines. Drones fight missiles. Missiles fight anti-missiles.

If the world cannot find a mechanism to resolve land disputes, wars are inevitable. The dispute between Pakistan and India is over land. Right-wing extremists find it convenient to portray the conflict as one between Hindu India and Islamic Pakistan. It is a mischievous

theory. Both countries accepted Partition and the two Independence Acts. The dispute is over land that Pakistan covets. The dispute between China and India is also over land, but it is a bit more complicated because large parts of the border were undemarcated and there are rival claims. The way forward is negotiation, not war. As the prime minister said, “this is not an era of war.”

### Absent a Tribunal

Pope Francis has made frequent appeals for peace to Russia and Ukraine and to Israel and the Hamas, but nobody will listen to him. One of his predecessors made a fervent appeal “No more war, never again war”. It fell on deaf ears and many wars have blighted this planet.

The United Nations Convention on the Law of the Sea (1982) has been ratified by over 150 countries. Several disputes have been resolved by the International Tribunal for the Law of the Sea, including one involving India and Italy concerning two marines aboard the tanker Enrica Lexie. We wish there is an international tribunal for disputes over land. Absent such a tribunal, wars – and deaths and destruction – are inevitable.

Courtesy: The Indian Express



# "Congress, Ashok Gehlot Are Anti-Backward Class": Amit Shah In Rajasthan

■ HT News Network

Jaipur: Union Home Minister Amit Shah on Tuesday accused the Congress party and the Ashok Gehlot government in Rajasthan of being "anti-backward class".

Addressing a public meeting in Khairthal, in Alwar district of poll-bound Rajasthan, the senior BJP leader said the Congress has worked to appease its vote bank in the state.

"Congress party and Gehlot government are anti-backward class. For



many years, the Congress party opposed the report of the Mandal Commission and the Congress party did not give constitutional recognition to the Backward

Classes Commission," Mr Shah said.

He said it was the Narendra Modi-led government at the Centre that gave constitutional recognition to

the Backward Classes Commission.

Mr Shah said the Modi government has given 27 per cent reservation to the backward classes in all education systems of the Centre.

Today, 27 per cent of the ministers in the Narendra Modi government are from backward classes and the Centre has worked to advance the backward classes Voting for the Assembly elections in the state will be held on November 25 while the counting of votes will take place on December 3.

■ HT News Network

New Delhi: India and Australia on Tuesday vowed to deepen their economic and security partnership and stressed their shared commitment to a "free, open, inclusive and rules-based" Indo-Pacific, a region which has been witnessing China's growing assertiveness.

Addressing a press conference after participating in the India-Australia Foreign Ministers' Framework Dialogue with his Australian counterpart Penny Wong, External Affairs Minister Jaishankar said India is preparing for a meeting of the Quad grouping - comprising Australia, India, Japan and the US - sometime next year.

He said they discussed and highlighted the importance of moving forward on the Comprehensive Economic Cooperation Agreement (CECA) negotiations. "We spoke of the way forward for greater mobility of our students and professionals," Mr Jaishankar said.

The external affairs minister said the two leaders also discussed the situation in West Asia in detail.



Asked about the Israel-Hamas conflict at the presser, Mr Jaishankar talked about India's position and said there are different aspects of the "very complex and challenging situation".

"One, of course, is terrorism, what happened on October 7. We think nationally and as international community that we should never compromise on terrorism, we should be very clear about it. Therefore there is that basket and to it is also the hostages issue," Mr Jaishankar said.

"There is a second set of issues -- the humanitarian crisis in Gaza today. The need for humanitarian assistance which is urgent and the observance of international humanitarian law

there. The third set of issues relates to the rights and future of Palestinians. That too has to have a solution. That solution in our view and in the view of many countries of the world can only come in the two-state solution," he said.

"We have to find a way by which all these aspects are addressed," Mr Jaishankar added.

He asserted that there was "real momentum" in the India-Australia comprehensive strategic partnership.

"Today, amongst other things, we also discussed, highlighted the importance of moving on the 'Comprehensive Economic Cooperation Agreement' (CECA) negotiations. We spoke of the way forward for great-

er mobility of our students and professionals," he said. "Both of us are committed to build more trusted, reliable and resilient supply chains in the Indo-Pacific for broader and inclusive growth," Mr Jaishankar said.

As part of the 22 dialogue and as part of the dialogue today, an extensive discussion on security issues was held, he said.

"We shared growing convergences with Australia. At the heart of it is really a shared commitment to a free, open, inclusive, prosperous and rules-based Indo-Pacific region based on United Nations Convention on the Law of the Sea," Mr Jaishankar said.

The two leaders also discussed terrorism, radicalism and extremism, he added.

"As liberal democracies, as QUAD partners, we would continue to work towards rules-based international order. We will support freedom of navigation in international waters, promote connectivity, growth and security for all while respecting the territorial integrity and sovereignty of all states," Mr Jaishankar said.

## President flags off three new trains

HT News Network

Bhubaneswar, Nov 21 (UNI) Development of any area depends on the connectivity of that area, President Droupadi Murmu said at Mayurbhanja on Tuesday, the second day of her three-day visit to Odisha.

Flagging off three new trains — Badampahar —

Tatanagar MEMU; Badampahar — Rourkela Weekly Express; and Badampahar — Shalimar Weekly Express from Badampahar Railway Station, the President said be it rail, roads or postal services, all these services make people's lives easier.

She also virtually inaugurated the new Rairangpur Postal Division; released a Commemorative Special

Cover of Rairangpur Postal Division; and laid the foundation stone for redevelopment of Badampahar Railway station on the occasion.

Murmu said the three trains launched on Tuesday will help locals in traveling to neighboring states like Jharkhand and West Bengal, industrial town of Rourkela. The President said despite the increasing trend of cell

phones and courier services, India Post has not lost its relevance. The inauguration of a new Postal Division at Rairangpur is an important event for the region.

She expressed confidence that people of this area will now be able to avail postal services easily. She said the Union Government is taking various initiatives for the development.

## Will Return With Bigger Mandate, Congress Will Get Less Than 20 Seats: KCR

■ HT News Network

Hyderabad: Bharat Rashtra Samithi president and Telangana Chief Minister K Chandrasekhar Rao on Tuesday said his party would come to power in the Assembly elections with a better majority than in the past and that Congress would get less than 20 out of the total 119 seats.

Addressing an election rally at Madhira, he took a jibe at the grand old party saying that there are a dozen chief ministerial candidates in the Congress.

"They (Congress) are not going to win. I am telling you with a guarantee. Congress, the same 20 seats. Less than 20. I have come to my 70th constituency visit in Madhira as part of my election campaign. There are only 30 left. If I go to all 30, Congress would be further defeated. As I am visiting (on campaign), Congress is losing," he said. He expressed confidence that the BRS government would be formed with an excellent majority, a couple of seats more than what it had got in the past.

There need not be any doubts about it, said Mr Rao, also known as KCR.

Speaking on the occasion, he attacked the Congress, alleging that its history was one of deceiving people.



"Congress which ruled undivided Andhra Pradesh before formation of Telangana in 2014 could not ensure adequate supply of drinking and irrigation water," he alleged. In contrast, during the BRS rule since 2014, Telangana has achieved rapid progress with the state being on top in the country in per capita income, he said.

Congress leaders promise to bring back 'Indiramma Rajyam', the welfare rule of former Prime Minister Indira Gandhi but that period was marked by the Emergency and the lot of Dalits has remained as it was then, he alleged.

Had a welfare scheme of BRS government like 'Dalit Bandhu' been implemented soon after Independence, would the Dalits have remained poor, he asked.

## One Nation, One Election In National Interest, Not For Any Party: Ram Nath Kovind

■ HT News Network

Rae Bareilly, Uttar Pradesh: Former President Ram Nath Kovind, who heads the committee to explore the possibility of "one nation, one election", said holding simultaneous polls is in the national interest and has got nothing to do with any particular political party.

"Holding simultaneous elections will be beneficial for the public as the revenue saved will be used for development work," the former President told reporters on Monday night.

"I am requesting all the political parties to cooperate as this is in the national interest. No political party has got anything to do with it," he stressed. The government constituted the high-level eight-member committee, headed by Mr Kovind, earlier this year.

The former president said, "Many committees such as the parliamentary committee, Niti Aayog, Election Commission of India, and others have said that the tradition of 'one nation one election' needs to be revived in the country."

"The government has constituted a committee for the purpose and made me its chairman. We are working with the people



and will give suggestions to the government as to how we can implement this tradition again," he said.

"I have also contacted all registered national parties and sought their suggestions. At some point in time, all of them supported it. We request all the political parties to cooperate as this is in the national interest," he said. Asserting that no particular political party will be benefiting from "one nation, one election", Mr Kovind said, "If implemented, the party which is in power at the Centre will benefit, be it the BJP or the Congress or any other party. There is no discrimination."

## Nirmala Sitharaman criticizes Telangana for highest inflation

■ HT News Network

Hyderabad, Nov 21 (UNI) Union Finance Minister Nirmala Sitharaman criticized Telangana on Tuesday, claiming that it has the highest inflation rate in India.

While campaigning in Madhuranagar of Jubilee Hills in support of BJP Candidate Lokala Deepak Reddy, Ms Sitharaman urged people to vote for the BJP, emphasizing the need for development in the state to align with the progress at the national level.

Criticizing the BRS government for concealing information about inflation, Sitharaman stated that Telangana is heading towards becoming the state with the highest inflation. Despite the Centre's efforts to control inflation, she pointed out that the state government has not taken adequate steps in that direction.

Attributing the rising debt in Telangana to the inefficiency of the BRS government, she remarked that "Bangaru Telangana" has turned into "debt Telangana" under their administration.

She highlighted the failure to complete any significant projects in the state and criticized the government for not fulfilling its election promises. Sitharaman also pointed out that while the BRS government claims development in Hyderabad, there has been a lack of progress in rural areas.

## Do not sensationalise ongoing rescue operations at Silkyara, Uttarakhand: Ministry of I&B advises TV channels

■ HT News Network

New Delhi: The Ministry of Information and Broadcasting has today issued an advisory to television channels to refrain from sensationalizing the ongoing rescue operation underway at Silkyara, Uttarakhand and from undertaking any live posts/videos from close proximity of the tunnel site where the rescue operations are underway, and ensure that the human life saving activity by the various agencies is in no way disrupted or disturbed by the very presence of cameramen, reporters or equipment near or around the operations site.

Government is keeping constant communication and making all efforts to keep up the morale of the workers trapped in the 2 km-built tunnel portion. Various Government agencies are working tirelessly for the safe evacuation of 41 workers. The operation underway around the tunnel is of an extremely sensitive nature involving saving so many lives. Telecast of video footages and other pictures relating to the operations by the TV channels specially by placing cameras and other equipment at close proximity to the rescue operations site have the potential to adversely affect the ongoing operations.

The Ministry has advised the TV channels to be cautious and sensitive while reporting on the matter especially in putting out headlines, videos & images and take due care of the sensitive nature of operation, psychological status of the family members and as well as the viewers in general.

The detailed advisory is available at the link below: <https://new.broadcastseva.gov.in>

■ HT News Network

Jerusalem: India has donated USD 2.5 million to the UN agency for Palestinian refugees, prompting the UNRWA on Tuesday to welcome the generous contribution at a "difficult time", particularly in Gaza.

The United Nations Relief and Works Agency for Palestinian Refugees (UNRWA), functional since 1950, carries out direct relief and work programmes for registered Palestine refugees. It is funded almost entirely by voluntary contributions from UN Member States.

India on Monday gave UNRWA USD 2.5 million as part of its annual contribution of USD 5 million for the year 2023-24 to support the agency's core programmes and services, including education, healthcare, relief, and social services provided to Palestinian refugees, the Representative Office of India at Ramallah said. The contribution was



handed over by the Representative of India (ROI) to Palestine, Renu Yadav, to the Director of Partnerships, Department of External Relations of UNRWA, Karim Amer. The ROI underlined India's continued support for the agency's activities in the region and the services it provides to Palestinian refugees during the handover ceremony at UNRWA's field office in Jerusalem, an official press release said.

"Confirming that UNRWA received a very generous contribution from India yesterday (Monday),

which is most welcome during these difficult times and in the face of huge needs across the region, particularly in Gaza," a spokesperson for UNRWA, Tamara Alrifai, told PTL. The UNRWA has been struggling to provide basic services to hundreds of thousands of Palestinians since the October 7 Israel-Hamas conflict which has prompted more than two-thirds of the Gaza population - of approximately 2.3 million - to flee their homes. Earlier on November 19, India had delivered 32 tonnes of "humanitarian assistance

to the people of Palestine" via the El-Arish Airport in Egypt. Since 2018, India has given USD 27.5 million to UNRWA. During an Extraordinary Virtual Ministerial Pledging Conference for UNRWA held on June 23, 2020, India announced that it would contribute USD 10 million to UNRWA over the next two years. Prior to the war in Gaza, UNRWA was already facing an increased demand for services resulting from a growth in the number of registered Palestine refugees, the extent of their vulnerability, and their deepening poverty. The agency is mandated to provide assistance and protection to some 5.6 million Palestine refugees registered with it across its five fields of operation. Its mission is to help Palestine refugees in Jordan, Lebanon, Syria, West Bank, including East Jerusalem and the Gaza Strip achieve their full human development potential, pending a just and lasting solution to their plight.

## Multi-polar contest in many seats in Rajasthan Assembly poll

■ HT News Network

Jaipur, Nov 21 (UNI) While the ruling Congress and the Bharatiya Janata Party (BJP) have locked horns in majority of seats in Rajasthan assembly election, there is a possibility of triangular or even quadrangular contest in more than 40 seats due to the presence of rebel candidates of both parties and nominees of other political parties.

Chief Minister Ashok Gehlot is fighting a direct battle with BJP candidate Dr Mahendra Singh Rathore in Sardarpura seat of Jodhpur.

Similarly, former CM Vasundhara Raje is facing challenge from Congress candidate Ram Lal Chauhan in Jhalrapatan seat and Assembly Speaker Dr CP Joshi from BJP candidate Vishwaraj Singh Mewar in Nathdwara assembly constituency.

Similarly, Leader of Opposition in the assembly Rajendra Singh Rathore is facing stiff challenge from Congress candidate Narendra on Taranagar seat in Churu district.

Former Deputy CM Sachin Pilot's election to Tonk seat is being considered as a direct contest between BJP candidate Ajit Singh Mehta and Congress State President Govind Singh Dotasara from former Union Minister Subhash Mahariya, who had earlier joined BJP.

Even many ministers of Gehlot government including Shanti Dhariwal from Kota North, BD Kalla from Bikaner West, Parsadi Lal Meena from Lalsot, Pratap Singh Khachariyawas from Civil Lines are in direct contest with the BJP candidates.

Apart from this, former Union Minister Colonel Rajyavardhan Singh Rathore is likely to have a direct contest with the Congress candidate in Jhotwara, Jaipur, MP Diya Kumari in Vidhyadhar Nagar, Dr Kirodi Lal Meena in Sawaimadhopur and Mahant Balaknath in Tijara.



# Hamas Chief Says "Close To Reaching" Truce Deal In War With Israel

■ HT News Network

Doha, Qatar: Hamas leader Ismail Haniyeh said on Tuesday his movement was nearing a truce agreement with Israel, according to a statement posted on Telegram. "We are close to reaching a deal on a truce," Haniyeh said, according to the post.

Negotiators have been working to seal a deal to allow the release of around 240 mostly Israeli hostages seized on October 7, during the deadliest assault on Israel in its history.

Hamas fighters also killed around 1,200 people during their cross-border assault, most of them civilians. Israel launched a relentless bombing campaign and ground offensive in retaliation for the attack, vowing to destroy Hamas and secure the release of the hostages.

According to the Hamas government in Gaza, the war has killed more than 13,300 people, thousands of them children.

Intense negotiations mediated by Qatar, where Hamas has a political office and where Haniyeh is based, have been under way.

Qatar's prime minister said Sunday that a deal to free some of the hostages in return for a temporary ceasefire hinged on "minor" practical issues.

On Monday, US President Joe Biden said he believed a deal to free the hostages was close.

"I believe so," Biden said when asked whether a hostage deal was near.

Biden then crossed his fingers to signal he hoped for good luck.

Two sources familiar with the talks told AFP a tentative deal includes a five-day truce, comprised of a ceasefire on the ground and limits to Israeli air operations over southern Gaza.

In return, between 50 and 100 prisoners held by Hamas



and Islamic Jihad -- a separate Palestinian group -- would be released.

They would include Israeli civilians and captives of other nationalities, but no military personnel.

Under the proposed deal, some 300 Palestinians would be released from Israeli jails, among them women and children.

The White House said the negotiations were in the "endgame" stage, but refused to give further details, saying it could jeopardise a successful outcome.

Separately, the International Committee of the Red Cross said Monday that its president had travelled to Qatar to meet Hamas's Haniyeh "to advance humanitarian issues related to the armed conflict in Israel and Gaza".

In a statement, the Geneva-based organisation said it was continuing "to appeal for the urgent protection of all victims in the conflict, and for the alleviation of the catastrophic humanitarian situation in the Gaza strip".

It also said it had "persistently called for the immediate release of hostages".

## Dozen killed as Israel hits Gaza's last major hospital

GAZA: Israeli tanks surrounded the Indonesian Hospital in Gaza as ground forces fired into the complex, killing at least 12 people, including patients, on Monday.

Dozens more were wounded and around 700 people trapped inside the "besieged" medical centre.

The hospital, set up in 2016 with funding from Indonesian organisations, is located near the Jabalia refugee camp. Like all other health facilities in the northern half of Gaza, the hospital has largely ceased operations but is still sheltering patients, staff and displaced residents.

Indonesia's Foreign Minister Retno Marsudi on Monday condemned Israel's "attack" on the Indonesian Hospital in Gaza. The head of the World Health Organisation also said he was "appalled" by the attack on the Indonesian Hospital in Gaza that he said had killed 12 people, including patients, citing unspecified reports.

Also on Monday, the Gaza administration updated its death toll from the invasion of Israel to 13,300.

The death toll includes 5,600 children and 3,550 women, the statement said, adding that at least 6,500 people have been reported as missing, 4,400 of whom are women and children.

At the other end of the Gaza Strip, health officials said at least 14 Palestinians were killed in two Israeli air strikes on houses in the town of Rafah, near the border with Egypt.

In Deir al-Balah south of Gaza City, rescuers searched through the debris for survivors and bodies, using the lights of their mobile phones in the rain.

"There are only children and women in the house and no one else," exclaimed one resident. "How can that give them (the Israeli army) an excuse to hit it? ... We don't have any equipment to pull people out from under the rubble."

## '662 illegal migrants rescued off Libyan coast: UN agency

■ HT News Network

Tripoli, Nov 21 (UNI) Up to 662 illegal migrants were rescued off the coast of Libya in the past week, the International Organization for Migration said on Monday.

On Nov. 12-18, 662 migrants were intercepted and returned to Libya, the UN migration agency said in a statement.

So far this year, 14,894 illegal migrants were rescued and returned to Libya, it said, adding that 940 died and 1,248 went missing on the Central Mediterranean route off the Libyan coast.

Libya has suffered violence and insecurity since the fall of Muammar Gaddafi in 2011. Many migrants chose to cross the Mediterranean Sea to European shores from Libya.

## 7 killed in east China's factory fire

■ HT News Network

Nanjing, Nov 21 (UNI) Seven people were killed in a factory fire in east China's Jiangsu Province on Monday, according to local sources.

The fire broke out in the Tiantianrun Textile & Technology Co., Ltd. in the city of Wuxi at about 6:30 p.m. Monday. Seven people were found dead after rescue work ended.

The company, with a history of more than 20 years, is a big yarn manufacturer selling products in both domestic market and overseas. Cause of the accident is being investigated

## At least 9 dead in shooting clashes in Mexico's Morelos state

■ HT News Network

Mexico City, Nov 21 (UNI) At least nine people were killed and four others wounded in a series of shooting clashes Monday morning in the city of Cuernavaca, capital of the central Mexican state of Morelos, authorities said.

The Cuernavaca Secretariat of Citizen Protection and Assistance reported in a statement that among the dead were two police officers who responded to a call reporting a shooting attack against two civilians who were drinking alcohol in the street.

It explained that the events began in the Altavista neighborhood, "where a group of armed men aboard three vehicles ... attacked some civilians who were drinking in the street and tried to take another one; the result was one person was killed and another was injured."

When the police arrived, they were met with gunfire, which initiated a chase of the alleged aggressors through several neighborhoods and led to "securing the Cherokee van with a dead driver and a motorcycle with an injured driver," the statement read.

"Unfortunately in the line of duty two policemen were injured and unfortunately two (others) lost their lives," it said.

Another van was secured in the Tlaltenango neighborhood, "with five civilians aboard, armed with vests and a communication radio, all dead," the statement added.

## NATO ready to expand relations with Serbia

■ HT News Network

Moscow, Nov 21 (UNI) NATO is ready to expand its relations with Serbia without undermining the country's neutral status, NATO head Jens Stoltenberg said on Tuesday.

"The fact that we have exercise together [...] does not mean that it undermines Serbia's neutrality. Serbia has made it very clear that it will remain a neutral country, outside military blocs [...] But we continue to believe that as a neutral country outside military blocs, Serbia can work closely with NATO and that will benefit NATO and that will benefit Serbia," Stoltenberg said at a joint press conference with Serbian President Aleksandar Vucic.

Stoltenberg also welcomed the message from Vucic on the resumption of joint military exercises, saying that he believes "NATO and Serbia can do more together" and "have a partnership that goes far beyond the issues [the sides] address in Kosovo."

"Serbia is an important regional actor and long-standing partner of NATO. A good example of our cooperation is joint work we have done over the past 10 years to NATO's Science for Peace program and the way we work together also in different fields. Under the Science for Peace Program we work on energy, environmental security, advanced technologies and cyberdefense," the NATO chief also said.

## Apple, Microsoft ranked most expensive brands worldwide in 2023

■ HT News Network

Washington, Nov 21 (UNI) US tech giants Apple and Microsoft remain the most expensive brands worldwide, with their brand value standing at \$502.7 billion and \$316.7 billion, respectively, the Interbrand Best Global Brands 2023 ranking showed on Tuesday.

"Apple remains the #1 brand for the 11th year in a row. It is the first brand to rise above half a trillion USD in brand value," the ranking showed.

## India To Finalise Deal With Tesla To Import EVs, Set Up Plant Soon: Report

■ HT News Network

New Delhi: India is closing in on an agreement with Tesla Inc. that would allow the US automaker to ship its electric cars to the country from next year and set up a factory within two years, according to people familiar with the matter.

An announcement could come at the Vibrant Gujarat Global Summit in January, one of the people said, declining to be identified because the discussions are private. Gujarat, Maharashtra and Tamil Nadu are under consideration because they already have well-established ecosystems for electric vehicles and exports, another person said. Tesla would commit an initial minimum investment in any plant of around \$2 billion, one person said, and would look to increase purchases of auto parts from the nation to as much as \$15 billion. The US automaker would also seek to make some batteries in India to bring down costs, the person said. No final decision has been made and the plans could change, the person said. Tesla Chief Executive Officer Elon Musk said in June that Tesla plans to make a "significant investment" in India and he intends to visit in 2024. Representatives from India's Ministry of Heavy Industries, which oversees the automobile sector, and the ministries of finance, and commerce and industry, didn't respond to requests for comment. Tesla also didn't respond to a request for comment.

Breaking into the world's most-populous nation, where demand for electric vehicles is growing among aspirational middle-class



consumers, would be a boon for Tesla, which currently has factories in the US, China and Germany. Modi's government has been pushing to increase domestic manufacturing of EVs and encourage a more rapid adoption of cleaner transport.

Despite those efforts, India's EV market hasn't taken off, with battery-powered cars accounting for just 1.3% of the total passenger vehicles sold last year, according to BloombergNEF. Buyers are hesitant to make the switch due to electric cars' high upfront cost and a dearth of charging stations.

Tesla doesn't import cars directly into India because of the high tariffs that are levied. When its first locally made cars do go on sale they could retail for as little as \$20,000, some of the people said.

Trade Minister Piyush Goyal, who visited Tesla's plant in Fremont, California earlier this month, said in September that Tesla is planning to almost double purchases of auto parts from India to \$1.9 billion this year. The electric carmaker sourced parts worth \$1 billion from the nation last year, he said at an event in New Delhi at the time.

## Maidan Square Protest Was "First Victory" In War With Russia: Zelensky

■ HT News Network

Kyiv, Ukraine: President Volodymyr Zelensky on Tuesday linked historic pro-democracy protests in Kyiv one decade ago to the invasion of Ukraine, describing the demonstrations on Maidan square as the "first victory" of the war with Russia.

The pro-European protest movement -- in which around 100 civilians died in violent clashes with security forces in the capital -- ultimately led to the ouster of Kremlin-backed President Viktor Yanukovich.

"The first victory in today's war took place. A victory against indifference. A victory of courage. The victory of the Revolution of Dignity," Zelensky said in a statement marking the 10-year anniversary of the months-long protest movement. The Maidan protests erupted in late 2013 when Yanukovich ditched an association agreement trade deal with the European Union and subsequently sparked a separatist conflict in the east of the country.

Zelensky praised his country's progress towards gaining European Union membership since Russian forces launched a fully-fledged invasion in February 2022.

"Year after year, step by step, we do our best to ensure that our star shines in the circle of stars on the EU flag, which symbolises the unity of the peoples of Europe. The star of Ukraine," he said.

The EU's executive recommended earlier this month opening formal membership talks with Ukraine and Moldova and suggested that the bloc's 27 member states



should grant Georgia candidate status.

The Kremlin however described the Maidan protests as an attempt to topple the government with the backing of foreign powers.

"It was a coup. It was an overthrow of the authorities that was sponsored from abroad. Things need to be called by their names," Kremlin spokesman Dmitry Peskov told reporters on Tuesday.

He said Russia's goal was to continue with its invasion of Ukraine, after last year announcing the unilateral annexation of four Ukrainian territories, over which it still does not have full military control.

The United Nations meanwhile said on Tuesday that more than 10,000, including more than 560 children, had been killed and over 18,500 wounded since Russia invaded. The UN Human Rights Monitoring Mission in Ukraine noted that the real figure was likely to be "significantly" higher, given complications in verifying deaths. The Maidan protests erupted in late 2013 when Yanukovich ditched an association agreement trade deal with the European Union.

## Argentina elects libertarian Javier Milei as president

■ HT News Network

BUENOS AIRES: Libertarian outsider Javier Milei pulled off a massive upset on Sunday with a resounding win in Argentina's presidential election, a stinging rebuke of the traditional parties that have overseen decades of economic decline.

The political newcomer surged from obscurity to oust the long-dominant Peronist coalition and its candidate Sergio Massa, who as economy minister has overseen inflation of 143 per cent and record poverty levels. Massa conceded defeat as provision results showed Milei had won with 56pc of the vote to his 44pc, with almost 90pc of votes counted.

"Obviously the results are not what we had hoped for, and I have spoken to Javier Milei to congratulate him and wish him well, because he is the president that the majority of Argentines have elected for the next four years." Celebrations erupted in Milei's campaign headquarters.

The 53-year-old economist with wild hair and thick sideburns has drawn comparisons with former US president Donald Trump and Brazil's Jair Bolsonaro, for his abrasive style and controversial remarks.

His main platform has been to ditch the ailing peso for the US dollar and "dynamite" the Central Bank to do away with the "cancer of inflation".

## Muslim ministers meet Chinese FM, call for 'immediate ceasefire'

■ HT News Network

BEIJING: Ministers from several Muslim countries called on Monday for an immediate ceasefire in Gaza, as their delegation visited Beijing on the first leg of a tour to push for an end to hostilities and to allow humanitarian aid into the devastated Palestinian enclave.

The delegation, which is set to meet officials representing each of the five permanent members of the UN Security Council, is also piling pressure on the West to reject Israel's justification of its actions against Palestinians as "self-defence."

The officials holding meetings with China's top diplomat Wang Yi on Monday are from Saudi Arabia,



Jordan, Egypt, Indonesia, Palestinian authorities and the Organisation of Islamic Cooperation, among others.

"We are here to send a clear signal: that is we must immediately stop the fighting and the killings, we must immediately deliver humanitarian supplies to Gaza," said Saudi Foreign Minister Prince Faisal bin Farhan Al Saud. Saudi Arabia has sought to press the United States and Israel for

an end to hostilities in Gaza, and Crown Prince Mohammed bin Salman, the kingdom's de facto ruler, gathered Arab and Muslim leaders to reinforce that message. The delegation will also meet Russian Foreign Minister Sergei Lavrov on Tuesday (today) to discuss the situation in Gaza, the RIA news agency reported.

The RIA report, citing a Russian foreign ministry spokeswoman, did not specify which countries would be attending the meeting in Moscow.

In comments posted by his ministry on X, Egyptian foreign minister Sameh Shoukry told his Chinese counterpart: "We look forward to a stronger role on the part of great powers such as China in order to stop the attacks against the Palestinians in the Gaza Strip. Unfortunately, there are major countries that give cover to the current Israeli attacks."

China's Wang said Beijing was a "good friend and brother of Arab and Muslim countries," adding it has "always firmly supported the just cause of the Palestinian people to restore their legitimate national rights and interests."



## Awareness program on Consumer protection & grievance redress mechanism under RBI'S "One Nation-One Ombudsman Scheme" held at Ramban

■ HT News Network

RAMBAN, NOVEMBER 21: To create awareness about consumer protection and grievance redressal mechanism available under Reserve Bank - Integrated Ombudsman Scheme, 2021, a Town Hall Meeting was organized by the Office of the Banking Ombudsman, RBI, Jammu at Government Industrial Training Institute (ITI), Ramban. The programme was chaired by Ramesh Chand, RBI Ombudsman (RBIO), for Jammu & Kashmir and Lada-

kh, and attended by the customers of regulated entities of RBI, senior officers of banks, branch heads of Ramban District and students and faculty members of ITI.

In his keynote address, Ramesh Chand highlighted the customer centric features of the Reserve Bank-Integrated Ombudsman Scheme, 2021 (RBIO-2021) which aims to improve the grievance redress mechanism for resolving customer complaints against regulated entities such as banks, NBFCs and payment service operators, etc. He explained about various ini-



tiatives being undertaken by the Reserve Bank to protect and safeguard the customers'

right and the manner of functioning of Office of RBI Ombudsman meeting the

objective of customers' grievances redressal in cost free, expeditious and fair manner.

He cautioned the participants about use of different innovative methods of digital frauds by the fraudsters and appealed to the participants to stay away from the lure of such tricks/offers. The Ombudsman also encouraged the participants to come forward and take benefit of grievance redress mechanism under Reserve Bank - Integrated Ombudsman Scheme, 2021. Deputy RBI Ombudsman (DRBIO) briefed the participants about RBI's Complaint Management Portal and the easy ways of lodging complaints under RBIO-2021. He

also made the participants aware about the precautions to be taken while carrying out banking transactions through net banking/ debit/credit card and advised them to visit RBI website <https://cms.rbi.org.in> for further details on filing of complaint etc.

Senior officials from State Bank of India, J&K Bank and Punjab National Bank were also present during the event, who explained the internal grievance redress mechanism followed in their respective banks for the knowledge and convenience of the participants.

## District Prabhari Officer, Dr. Rajiv Kumar Tiwari reviews preparations for VBSY at Kupwara

■ HT News Network

KUPWARA, NOVEMBER 21: District Prabhari Officer from Government of India, Dr. Rajiv Kumar Tiwari today visited Kupwara district and convened a meeting of District Officers to review the preparations for conduct of Viksit Bharat Sankalp Yatra in the district.

Deputy Commissioner (DC) Kupwara, Ms. Ayushi Sudan; ADDC, Altaf Ahmad Khan, ADC Handwara, ADC Kupwara, JD Planning, POICDS and other district officers attended the meeting. On the occasion, the Deputy Commissioner briefed the Chair through a detailed powerpoint presentation about the plan for implementation of VBS Yatra in the district. She informed that



the District Administration Kupwara is geared up to conduct VBS Yatra in a hassle free and seamless manner in all 385 Panchayats and 39 Municipal Wards of the district. The District Prabhari Officer got

detailed feedback from the concerned district officers about their role and plan for the implementation of the VBS Yatra. He impressed upon all the concerned officers to ensure utmost coordination at

different levels for the smooth & successful conduct of the activities under Viksit Bharat Sankalp Yatra in the district. He asked them to ensure putting in place plan of activities to be conducted on the next day during the Yatra campaign, well in advance.

The Prabhari Officer asked the Police department to ensure proper security arrangements for the IEC Vans going across the Panchayats. He asked the JD Planning to ensure closely monitoring of uploading of VBSY activities at the district level.

Regarding Route Plan of IEC Vans, the District Prabhari Officer directed the ARTO Kupwara to ensure timely arrival and departure of the IEC Vans at the designated venues besides, sharing of report about IEC vans on daily basis with the District Administration.

## DHEW Bandipora organises BBBP awareness program at GHSS Mantrigam

■ HT News Network

BANDIPORA, NOVEMBER 21: District Hub for Empowerment of Women (Mission Shakti) on Tuesday organised a day-long awareness programme on Beti Bachao Beti Padhao (BBBP) at Government Higher Secondary School Mantrigam.

Principal GHSS Mantrigam, Masood ul Hassan Reshi was the chief guest on the occasion while Gender Specialists Sumaya Muzaffar and Aisha Shafi and Financial Literacy specialist Najmu Saqib besides teachers and a large number of students were present on the occasion.

Speaking at the event, the principal of the School highlighted the importance of girl education and stressed on the upliftment of girls' socio-economic status. He said education is the way to uplift the socio-economic condition of the girls in society.

On the occasion, specialist in financial literacy Najmu-Saqib highlighted Sukanaya Samridhi Yojana-a sub scheme under BBBP and urged the women folk to build a fund for higher education and other expenses of their girl child.

Gender Specialists Aisha Shafi and Sumaya Muzaffar highlighted the importance of girl children, their education and financial independence and informed participants how the government has come up with many schemes to help girls/women to accomplish education, employment and self-reliance.

They gave a brief introduction about various welfare schemes offered by the government for the females besides informing the students about self-employment schemes offered by the government to facilitate the young educated females to start their own income generation units.

## Viksit Bharat Sankalp Yatra Union Joint Secretary visits Panchayat Sahar in Kathua

■ Farooq Rather

KATHUA, NOVEMBER 21: Union Joint Secretary, Ministry of AYUSH, Kavita Garg who is designated Prabhari Officer for Kathua district today presided over a series of events at Panchayat Sahar where overwhelming participation of people was witnessed.

The visit of the officer was part of outreach programme, Viksit Bharat Sankalp Yatra which was formally kick started across India on 15th November 2023.

While interacting with the inhabitants of Panchayat Sahar, Union Joint Secretary said the aim of the outreach initiative of Viksit Bharat Sankalp Yatra was to enroll potential beneficiaries during the Panchayat-to-Panchayat campaign where saturation of all centrally as well as state sponsored schemes are being targeted.

Kavita Garg acknowl-



edged that the implementation of such programmes is crucial to ensure the last mile potential beneficiaries receive the benefits they are entitled to. She said the extensive programme will cover unreached beneficiaries, generate awareness about the government schemes, giving ear to the unheard success stories of the beneficiaries besides taking their valuable feed-

back. During the visit, Union Joint Secretary engaged in interactive sessions with beneficiaries, allowing them to share their experiences and gather feedback about the existing schemes. These interactions play a pivotal role in understanding the ground realities and enhancing the effectiveness of government initiatives.

On the occasion, the District and Sectoral officers

presented the development profile of the Sahar and its adjoining panchayats falling under the Kandi belt of the district

Speaking about the importance of these programmes, the officer highlighted how providing equitable access to schemes and benefits is a key pillar of good governance. Through initiatives like the Viksit Bharat Sankalp Yatra, the Union Government aims to narrow the gap between potential beneficiaries and opportunities, thus fostering inclusive development and progress.

On the occasion, Kavita Garg gave away Golden Cards, Financial Assistance under PMEGP, Gas Stove under Ujjwala Yojna, Vermi Bed among the beneficiaries.

Deputy Commissioner Kathua Rakesh Minhas, GM NABARD Anamika, ACD Kishore Singh Katoch, PRI Members besides district and sectoral level officers were also present.

## ADDC Bandipora conducts physical verification of developmental works

■ Farooq Rather

BANDIPORA, NOVEMBER 21: On the directions of Deputy Commissioner Bandipora Dr Owais Ahmad, the Additional District Development Commissioner (ADDC) Bandipora, Mohammad Ashraf Hakak, Tuesday conducted physical verification of various developmental works in Block Bonakoot and Municipal Council (MC) Bandipora. The team undertook a thorough inspection of various developmental works. The objective of the verification was to assess the progress and quality of ongoing developmental projects, reaffirming the commitment to efficient governance and community development.

Hakak emphasized the importance of regular inspections to ensure that public funds are utilized judiciously and that the projects align with the envisioned outcomes.

During the verification process, the team evaluated infrastructure projects, public amenities, and other developmental initiatives. The ADDC was accompanied by concerned officials of the block besides the concerned of R&B department.

## Director Agriculture inaugurates Two days CBPP on promotion of Oilseeds at Harwan Srinagar

■ HT News Network

SRINAGAR, NOVEMBER 21: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated two days Capacity Building Programme (CBP) on promotion of Oilseeds crops at Harwan Srinagar.

In his address to the participants, Director Agriculture highlighted the importance of Oilseed (mustard) crops in the rural economy of the region. He said that from the last few years the department is working on a comprehensive plan to bring newer areas under the cultivation of oilseed (Mustard). He said that under the Holistic Agriculture Development Programme (HADP) a special project has been approved for the promotion of Oilseeds (Mustard). Director Agriculture asked the farmers to adopt an organic way of cultivation for more and more Agriculture crops. He impressed upon the concerned officers to increase awareness among the farmers regarding the adverse impact of chemical fertilizers on the soil health.

## PUBLIC NOTICE

This is to make public that I Bashir Ahmad Zargar S/O Gh Nabi Zargar R/O ZenBagh Budgam have purchased a vehicle from Khurshid Ahmad Thokar S/O Gh Nabi Thokar R/O Thokerpora Budgam. The said vehicle is bearing Vehicle No JK01AQ-4951.

Now therefore it is notified for general information that objections if any to the proposed vehicle. Also any outstanding against the vehicle I shall not be responsible for that. For objections if any may be contact below mentioned within a period of 07 days of publication of the notice in the daily newspaper. No objections shall be entertained after the said time.

Name :- Bashir Ahmad Zargar  
S/O Gh Nabi Zargar  
R/O ZenBagh Budgam  
Cell No:-7006941137

## PUBLIC NOTICE

I have change my name from provisional name UZAIR SHABIR to new name MOHAMMAD EIHAAN R/O DANGERPORA SOPORA District Baramulla. If any one have objection please contact 7006501201.

Name:- MOHAMMAD EIHAAN  
R/O DANGERPORA SOPORA  
District Baramulla

## PUBLIC NOTICE

I have lost my School Leaving Certificate. Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact with principal office of GOVT HIGHER SECANDARY SCHOOL KACHWA MUQAM within seven days from the publication of this notice after that no objection will be entertained

Name....ABDUL MAJEED PARA  
S/O ...MOHAMMAD SULTAN PARA  
R/O ... KACHWA MUQAM  
Distt ...BARAMULLA

## Chairperson DDC Kulgam presides over Annual Day celebration of MS Katrasoo

■ Farooq Rather

KULGAM, NOVEMBER 21: The Chairperson, District Development Council (DDC) Kulgam, Mohammad Afzal Parray, today presided over the Annual Day celebrations held at Middle School Katrasoo, Kulgam as chief guest.

On the occasion, the Chairperson DDC stressed upon school authorities that quality education must be prioritised, teachers must give their best to facilitate the children so as to ensure result oriented outcomes.

He also emphasised upon school children to take part in sports activities and other extracurricular activities, along with regular studies in order to nourish



their potential for their overall upliftment.

He appreciated the department for taking sincere efforts towards the deliverance of quality education and thanked the school

administration for inviting him on their big day.

On the occasion, students participated in various activities including debate, speech and cultural events and showcased talent.

## Audit Week Celebrations - AG Office Srinagar organises Debate Competition

■ HT News Network

Srinagar, November 21, 2023 - The Office of the Principal Accountant General (PAG), Srinagar, organised an Inter University and College Debate competition at the Sher-e-Kashmir University of Agricultural Sciences and Technology - Kashmir (SKUAST-K) today. The event witnessed a convergence of young minds and experts in an interactive exchange of ideas and perspectives.

Sh. Pramod Kumar PAG (Audit), J&K, Ms. Inabat Khaliq, DAG (Audit), J&K, and Prof. N. A. Ganai Vice-Chancellor, SKAUST-K, along with other dignitaries, participated as judges and guest speakers. Six teams participated in debates addressing issues such as Artificial Intelligence, Tourism's role in development, and the appropriate age for accessing social media. The event provided a platform for young minds to engage in meaningful discussions on critical issues, fostering their intellectual growth and preparing them for future leadership roles.

The team from S. P. College, represented



by Mr. Shayan Showkat Allaie and Mr. Shahzaib Parvaiz, emerged as winners outshining Kashmir University's Mr. Khaleel Firdous Shah and Ms. Eleena Raja. The winners were represented with awards and mementos. Additionally, Lubna Parvaiz from Govt College for Women was recognised for her skills receiving the Best Speaker award.

A range of activities are scheduled until November 25, marking the week-long celebration of CAG India's foundation day.



# This 'Silent' Sign of Heart Disease Can Be Deadly for Younger People, What to Know

Atherosclerosis is a hardening of the arteries due to plaque buildup from calcium, fats, and cholesterol that can lead to blood clots, stroke, and heart attack or heart failure. It has commonly been associated with older adults.

But a new study published Monday outlines an increased risk to younger adults for so-called "silent atherosclerosis," suggesting that risk factors like high cholesterol and hypertension should be addressed earlier in life to prevent the disease from developing further.

The study, carried out at Spain's Centro Nacional de Investigaciones Cardiovasculares (CNIC) and published in the Journal of the American College of Cardiology, analyzed the key arteries including the carotid, femoral, and coronary arteries and aortas of more than 4,000 healthy middle-aged employees of a bank in Madrid.

The researchers found that even moderate increases in blood pressure and cholesterol were shown to significantly impact the risk of atherosclerosis in younger adults.

When should you be tested for high cholesterol and hypertension?

Risk factors like high cholesterol and hypertension can affect younger adults' chances of atherosclerosis later in life more than previously known.

Testing earlier in life (between the ages of 20 and 25) and aggressively mitigating risk is beneficial, Dr. Borja Ibáñez, the scientific director of CNIC and one of the authors of the study, told Heathline.

"Given these findings, it would be worthwhile for healthcare professionals to start assessing cardiovascular risk earlier on, including during check-ups in early adulthood," Dr. Rigved Tadwalkar, a cardiologist



at Providence Saint John's Health Center in Santa Monica, Calif., told Heathline. "This approach is consistent with the idea of early intervention and aggressive control of cardiovascular risk factors as a means for reducing cardiovascular disease burden." Given the physiological changes that come with aging, older adults are still at the highest risk, Tadwalkar said: "This includes arterial stiffening, atherosclerosis progression, and increased vulnerability to oxidative stresses and inflammation. The cumulative exposure to risk factors, such as high blood pressure and cholesterol, further amplifies cardiovascular risk as people age."

But the study suggests that even seemingly healthy younger adults should be monitored for risks associated with cardiovascular disease, Tadwalkar said, adding that genetic traits can play a role: "We know that those with a family history of

cardiovascular diseases may face an increased risk, additionally warranting early testing and vigilant monitoring, especially considering that the progression of atherosclerosis is often silent."

But younger adults seeing higher LDL (low-density lipoprotein) cholesterol levels and blood pressure results at their yearly physicals should take note, Ibáñez warned. LDL cholesterol is commonly termed as "bad" cholesterol.

"We know that those who have higher LDL-cholesterol levels and blood pressure above the ideal values and smokers are at the higher risk for having early onset and progression of atherosclerosis," Ibáñez said. "Still, future studies we are running should clearly delineate this in even younger populations."

What are the indicators of that risk?

There are a number of other lifestyle-related signs that can suggest an elevated

risk for atherosclerosis. A 2022 study- Trusted Source listed a number that should be monitored for adults between the ages of 20 and 39:

**tobacco use**  
**high blood pressure**  
**hypertension**  
**family history of atherosclerosis**  
**diabetes**  
**preeclampsia**  
**menopause in females under 40**

A number of sleep disorders can also play a role. Obstructive sleep apnea, which can affect nearly a quarter of American adults between the ages of 30 and 70, can significantly increase the risk of cardiovascular disease.

"Sleep apnea, and poor sleep quality more generally, are emerging as noteworthy factors. Disrupted sleep patterns can lead to increased stress on the cardiovascular system," Tadwalkar said. "This underscores the importance of considering holistic factors in assessing and managing cardiovascular health."

What steps can be taken to reduce risk?

High cholesterol and blood pressure conditions can be initially controlled with a combination of a healthy diet, regular exercise, and prescription drugs as directed by a physician. Adjusting sugar intake and quitting smoking are also extremely important, Ibáñez said.

Such a multifaceted approach is "essential," Tadwalkar added, but getting a sense of the risk factors early is increasingly important: "Health check-ups and screenings are critical for early detection of risk factors," Tadwalkar said. "This can also help identify individuals who need to move beyond lifestyle modifications alone and into pharmacological interventions."

## FOOD

## 07 Foods You Should Never Start Your Day With



How you start your day can influence your entire day, be it through your energy levels or overall health. Certain foods that might be marketed as healthy breakfast foods might actually be worst for you. In this article, we share a list of foods you should avoid adding to your breakfast and also share healthier alternatives.

### 1. Sugary cereals

Many breakfast cereals are packed with added sugars, artificial flavours, and colours. They provide empty calories and can lead to a sugar crash later in the day. Opt for whole-grain cereals with no added sugars. Add fresh fruits or nuts for natural sweetness and added nutrients.

### 2. Pastries and donuts

These are typically high in unhealthy fats, refined grains, and sugar. They offer little nutritional value and can cause energy crashes. Choose whole grain toast or English muffins with natural nut butter or avocado for healthy fats and fibre.

### 3. Bacon and sausages

Processed meats like bacon and sausages are high in saturated fats, sodium, and nitrates, increasing the risk of heart disease. Opt for lean protein sources like grilled chicken or turkey breast, beans, or tofu.

### 4. Syrup-laden pancakes and waffles

Pancakes and waffles that are drowned in syrup contain excessive sugars and refined carbohydrates, leading to blood sugar spikes and crashes. Make whole-grain pancakes or waffles, then top with fresh berries, a drizzle of honey or pure maple syrup, and a sprinkle of nuts or seeds.

### 5. Sugary coffee drinks

Flavored coffee drinks like mochas or frappuccinos are often loaded with excessive added sugars and calories. Opt for plain black coffee or try a homemade iced coffee with a small amount of natural sweetener and a dash of vanilla extract.

### 6. Processed fruit juices

Most store-bought fruit juices are high in added sugars, artificial flavours, and lack the fibre found in whole fruits. Choose fresh fruit or make your own juice by blending whole fruits with water and no added sugars.

### 7. Store-bought smoothies

Pre-made smoothies often contain added sugars, artificial ingredients, and lack the nutrients found in homemade versions. Blend your own smoothies using a base of unsweetened Greek yogurt or plant-based milk, with added fruits and vegetables.

# Loneliness as serious health threat:WHO

The World Health Organization (WHO) has declared loneliness as a grave global health threat and it has a mortality effect equivalent to smoking 15 cigarettes a day. Last week, the global health agency announced a new Commission on Social Connection, to address loneliness as a pressing health threat. According to a press statement, the commission will promote social connection as a priority and accelerate the scaling up of solutions in countries of all incomes. The commission will be led by U.S. Surgeon General, Vivek Murthy, and the African Union youth envoy, Chido Mpenba — of 11 advocates and

government ministers, including Ralph Regenvanu, Minister for Climate Change Adaptation in Vanuatu, and Ayuko Kato, Minister in-charge of measures for loneliness and isolation in Japan. According to WHO, social isolation which means having an insufficient number of social connections, and loneliness and the social pain of not feeling connected, are widespread. It is often assumed that isolation and loneliness primarily affect older people in high-income countries, the UN body reveals that they impact the health and well-being of all age groups across the world.

One in four older people experience social isolation and the



rates are broadly similar in all regions, as per WHO. Among adolescents, between 5–15 percent experience loneliness, according to research findings. However, these figures are likely to be underestimations, it maintains. "High rates of social

isolation and loneliness around the world have serious consequences for health and well-being. People without enough strong social connections are at higher risk of stroke, anxiety, dementia, depression, suicide and more," said WHO Director-General Dr Tedros Adhanom Ghebreyesus. "This WHO Commission will help establish social connection as a global health priority and share the most promising interventions." According to WHO, lack of social connection carries an equivalent, or even greater, risk of early death as other better-known risk factors such as smoking, excessive drinking, physical inactivity,

obesity, and air pollution.

"Social isolation also has a serious impact on physical and mental health; studies show that it has been linked to anxiety and depression and can increase risk of cardiovascular disease by 30 percent," it added. Moreover, social disconnection also can lead to poorer education outcomes; young people experiencing loneliness in high school are more likely to dropout of university. "It is evident that loneliness is directly linked to heightened stress responses, compromised immune function, cardiovascular disturbances, and an elevated vulnerability to chronic conditions."

## Power Of Resting: 6 Reasons Why Quality Sleep Can Help You Become Successful

In the hustle and bustle of our fast-paced world, success is often associated with burning the midnight oil and sacrificing sleep for the sake of productivity. However, a closer look at the lives of top performers reveals a common, and perhaps surprising, secret to their achievements – a commitment to a good night's rest. Quality sleep is not just a luxury; it is a crucial factor in the journey to success and overall well-being.

In an exclusive interview with Zee News English, Dr Jyotsna Arora, Scientist, Medical & Technical Affairs, P&G Health India shares all about how your sleep can affect not only your overall wellbeing but also contributes to a successful career and life. Let us deep dive on why sleep is considered a crucial factor on the path to success as shared by Dr Jyotsna:

### 1. Memory Enhancement:

The relationship between sleep and memory consolidation is undeniable. During deep sleep stages, the brain processes and stores information gathered throughout the day. Prioritizing sleep enhances our ability to absorb new knowledge, a key component for success.

### 2. Cognitive Function and Problem Solving:

Sleep deprivation hampers cogni-



tive function, impairing decision-making and problem-solving abilities. Recognizing the connection between sleep and cognitive function is vital. A well-rested mind sharpens our abilities, enabling us to find innovative solutions to complex challenges.

### 3. Stress Management:

Quality sleep serves as a natural stress reliever, promoting hormonal balance and fostering a sense of calm. Prioritizing sleep allows the body and mind to rest, preparing us to face the demands of work with resilience.

### 4. Creativity and Innovation:

Creativity distinguishes top performers, and sleep directly influences creative thinking. Embracing quality sleep rejuvenates creative

juices, paving the way for breakthrough ideas and innovations. Ever wondered how top achievers consistently outperform? The secret might be tucked under their pillows—quality sleep. Lets find out how from an expert. Sleep quality is different from sleep quantity. Sleep quantity measures how much sleep you get each night, while sleep quality measures how well you sleep. Measuring sleep quantity is simple, as it's quick to determine if you're getting the recommended amount of sleep per night (usually defined as at least seven hours). You fall asleep soon after getting into bed, within 30 minutes or less.

You typically sleep straight through the night, waking up no more than once per night.

## Community-acquired Pneumonia in children: What parents should know?

Community-acquired pneumonia (CAP) refers to lung infections contracted from community settings (house, school, family gatherings, etc.) outside of hospital or healthcare settings. It occurs when bacteria, viruses, or fungi infect the air sacs in the lungs.

Dr Farhan Shaikh, Consultant Paediatric Intensivist, Rainbow Children's Hospital, Banjara Hills, Hyderabad, has explained to us that common viruses that cause CAP in children are Adenovirus, respiratory syncytial virus (RSV), and influenza. While bacterial infections, particularly by Streptococcus pneumoniae and Haemophilus influenzae, are also common culprits

Symptoms: Parents should be familiar with typical pneumonia symptoms in children, including fever, cough (often with mucus or phlegm), rapid or difficult breathing, chest pain, fatigue, and sometimes vomiting or diarrhoea. Infants may also



show subtle signs like poor feeding, irritability, or lethargy.

Diagnosis: If a child is suspected of having CAP, a doctor will evaluate their symptoms, conduct a physical examination, and order additional tests such as a chest X-ray, blood tests, or a nasopharyngeal swab to identify the specific cause.

Treatment: Treatment for CAP will depend on various factors, including the child's age, severity of symptoms, and the identified cause. Antibiotics may be prescribed for bacterial pneumonia, while viral

the child will need to be admitted to more specialised care units called paediatric intensive care units, where they need more close monitoring and high-end care which may involve mechanical ventilation or even extracorporeal membrane oxygenation (ECMO) in rare instances.

Prevention: To help prevent CAP in children, parents should ensure their child receives routine vaccinations according to India's recommended immunisation schedule. Vaccines against diseases like pneumococcus and influenza are essential in preventing pneumonia.

Hygiene practices: Parents should educate their children about proper hand hygiene, including regular handwashing with soap and water or using alcohol-based hand sanitisers. Avoiding close contact with sick individuals and practising respiratory hygiene, such as covering the mouth and nose while coughing or sneezing, can help reduce the spread of respiratory infections.



## Men's U19 Cricket World Cup to be held in SA



**DUBAI, NOV 21:** The ICC Men's U19 Cricket World Cup 2024 in January will be held in South Africa after the ICC Board that met on Tuesday confirmed Sri Lanka would be replaced as hosts.

Sri Lanka Cricket (SLC) was recently suspended by the ICC for breaching its obligations as a member, namely for failing to manage its affairs autonomously and without government interference.

It was revealed after the board meeting that Sri Lanka can continue to compete internationally both in bilateral cricket and ICC events, however funding to SLC will be controlled by the ICC and as a result, the U19 event has been moved to the same country that hosted the Women's U19 T20 World Cup earlier this year, an ICC report said.

The upcoming World Cup marks the 15th edition of the U19 men's event, following the last tournament in the

West Indies in 2022 where India clinched the title for the fifth time.

India will have to put their best foot forward with 15 other teams vying to get their hands on the coveted trophy.

A revised tournament format has been introduced which includes a new Super Six stage after the Group stage to determine the semi-finalists.

The 16 participating teams have been divided into four groups of four. Defending Champions India are joined by Bangladesh, Ireland and USA in Group A. Group B features England, South Africa, West Indies and Scotland. Group C consists of Australia, Sri Lanka, Zimbabwe and Namibia while Afghanistan, Pakistan, New Zealand and Nepal make up Group D.

The tournament, which starts in January, will consist of 41 matches with the Final to be staged on February 4. (UNI)

## Dr Andrabi awards winners of 3rd National Judo League at Srinagar under Khelo India

"This event came to J&K after a gap of four decades": Darakhshan

**SRINAGAR, NOV 21:** Chairperson of Jammu & Kashmir Waqf Board & Minister of State Dr Syed Darakhshan Andrabi today attended the concluding event of the 3rd Khelo India National Judo League for Northern Zone as Chief Guest at SK Indoor Sports Stadium in Srinagar.

Teams of three different age categories from nine Northern States & UTs of the country participated in the event. The league was held by the Sports Authority of India under Khelo India initiative of the Union Ministry of Sports. Technical Director of the League Deepak Gupta, Sushma Avasthi & Yogesh K of the Sports Authority of India also graced the occasion. Dr Andrabi felicitated the winners and runners up teams & individual players in different categories by medals & certificates. Later speaking at the event Dr Darakhshan said that Modi's Khelo India mission has revolutionized the sports sector in India and now like other important sectors of life, India is fast becoming a global sports power.

"During the past nine years the initiatives of the central government have boosted the talent of our boys and girls and the young sports stars from across the country are unfurling the tricolor at global stages in all categories of events. We have created world class sports infrastructure throughout the country and the mission is on", said Andrabi. Waqf Board Chairperson said that this League was



held in J&K after a gap of 42 years. "Those who say the law & order situation in J&K has not improved are liars. We are seeing peaceful Kashmir after decades now. Political myopia doesn't allow

some politicians to see the reality and they thus create sensations through their statements. Events like this are testimony to the fact that peace has returned to Kashmir after the constitutional change that

happened in 2019", said Dr Darakhshan. She hailed the LG Administration for creating a remarkable sports infrastructure & sports environment in J&K during the past few years.

## CC approves new gender eligibility norms for women's international matches

**DUBAI, NOV 21:** The ICC Board on Tuesday approved new gender eligibility regulations for the women's cricket following a 9-month consultation process with the sport's stakeholders.

The new policy gives top priority to protection of the integrity of the women's game, as also safety, fairness and inclusion, an ICC release said.

The policy signifies that any male to female participants who have been through any form of male puberty will not be eligible to participate in the international women's game regardless of any surgery or gender reassignment treatment they may have undertaken.



The review, which was led by the ICC Medical Advisory Committee chaired by Dr Peter Harcourt, relates solely to gender eligibility for international women's cricket.

Gender eligibility at domestic level is a matter for each individual member board, which may be impacted by local legislation. The regulations will be reviewed within two years, an ICC release said.

ICC Chief Executive Geoff Allardice said, "The changes to the gender eligibility regulations resulted from an extensive consultation process and is founded in science and aligned with the core principles developed during the review. Inclusivity is incredibly important to us as a sport, but our priority was to protect the integrity of the international women's game and the safety of players."

The Chief Executives' Committee (CEC) endorsed a plan to accelerate the development of female match officials which includes equalising match day pay for ICC umpires across men's and women's cricket and ensuring there is one neutral umpire in every ICC Women's Championship series from January 2024. UNI

## Australia World Cup winner David Warner to skip India T20I series

**VISHAKHAPATNAM, NOV 21:** Australia have suffered a blow ahead of their T20I series against India, with news that experienced opener David Warner will return home and miss the five-game series.

Warner played a pivotal part in helping Australia to a sixth ICC Men's Cricket World Cup title earlier this month.



The left-hander scored 535 runs at an average of 48.63 for Pat Cummins' side.

The veteran was expected to stay in the sub-continent and take part in the T20I series against India, but has instead opted to head home.

"Selectors decided Warner would return home on the back of a successful yet demanding World Cup campaign," Cricket Australia said via a statement.

Warner's place in Australia's squad will be taken by emerging all-rounder Aaron Hardie, with Matthew Wade stepping up to take the captaincy reins in the absence of Cummins, an ICC report said.

Seven members of Australia's World Cup winning squad will take part in the T20I series, with Sean Abbott, Travis Head, Josh Inglis, Glenn Maxwell, Steve Smith, Marcus Stoinis and Adam Zampa all staying in India alongside reserve spinner Tanveer Sangha.

The first T20I of the five-game series commences in Vishakhapatnam on Thursday.

Australia T20 squad: Matthew Wade (c), Aaron Hardie, Jason Behrendorff, Sean Abbott, Tim David, Nathan Ellis, Travis Head, Josh Inglis, Glenn Maxwell, Tanveer Sangha, Matt Short, Steve Smith, Marcus Stoinis, Kane Richardson, Adam Zampa

Series schedule:  
First T20I: November 23, Vishakhapatnam  
Second T20I: November 26, Thiruvananthapuram  
Third T20I: November 28, Guwahati  
Fourth T20I: December 1, Raipur  
Fifth T20I: December 3, Bengaluru.

خوشی ہے آم کے لال علیہ کے تشریف لانے کی!

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سالانہ میلاد النبی ﷺ کا انفرنس و رداپوشی

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